



June 2019

# Ostomy Association of the Houston Area

## AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://www.ostomyhouston.org)

## Urostomy and Continent Diversion Patients Find Support and Education from Peers at UOAA

By Ed Pfueller, UOAA

According to the American Cancer Society, this year more than 80,000 people are expected to be diagnosed and approximately 17,000 will die as a result of this disease.

Bladder cancer survivors are a major part of the ostomy community represented by United Ostomy Associations of America (UOAA) through support groups, educational resources, and national advocacy.

For those with this cancer who require their bladder to be removed, a urostomy or continent diversion may be necessary. A urostomy is a surgically created opening in the abdominal wall through which urine passes. A urostomy may be performed when the bladder is either not functioning or has to be removed. There are several different types of surgeries, but the most common are ileal conduit and colonic conduit.

### Be Prepared

Our new ostomy patient guide is available to all who need it and it is a great overview of what to expect. Our urostomy guide has even more in-depth information. If you have a medical question contact your doctor or nurse, in you have a quality of life question—UOAA likely has the answers.

If you or someone you know is in need lifesaving ostomy surgery remember—you are not alone. 725,000–1 million people in the U.S. of all ages and backgrounds live with an ostomy. Connecting

with UOAA resources is critical. Especially seek out one of our almost 300 UOAA Affiliated Ostomy Support Groups in the U.S. before, or shortly after, your surgery. Peer support and preparation can put you on the path to success in what will be a challenging time both emotionally, sexually and physically. Ask if the hospital

(Continued on page 3)

**Come join a pediatric ostomy support group; unite with other families who share common diagnoses.**

### Houston Ostomy Pediatric Education & Support Group (HOPE)

For children age 0-18 (with new or existing ostomies) and their parents.



The Woodlands

**Sunday, June 9, 2019**

Texas Children's Hospital

17600 I-45 South, The Woodlands, TX

Conference Center A

2-3 p.m.



To register for this event, or for more information contact:

**MaryAnne Lewis, RN, CWOCN**

Community Wound, Ostomy, Continence Nurse  
[maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com)

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We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

### Patient Visiting and Support Services

*Doctors and WOC Nurses, please note:*

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or [newmarian@gmail.com](mailto:newmarian@gmail.com).

## Central Group News

Our presenter at the May meeting was Ken Lambert, owner of Funeral Negotiators. Ken is an independent consultant who helps families save money on funerals. He charges a commission based on when he provides his help—before or at the time of death. It was an informative presentation.

Our next meeting is Monday, June 17th. I will be the presenter. As many of you know, I am an attorney specializing in estate planning and probate law. I will discuss documents that plan for incapacity, such as financial and medical powers of attorney, as well as appointing agents to plan your funeral.

I look forward to seeing you at the meeting.

**Lorette Bauarschi**, President, OAHA, 713-582-0718

## Northwest Group News

We enjoyed hosting Convatec's Houston Area Ostomy Territory Manager Tracy Baranzyk. Ms. Baranzyk shared detailed information regarding Convatec's newest products and took the time to offer detailed information to each question. Once again we live streamed portions of her presentation on our Facebook page [Ostomy Association of the Houston Area]. These videos are still available for viewing.

Next month we will be hosting Lisa Osterhaus, Ostomy Sales Specialist with Hollister. Ms. Osterhaus will be addressing peristomal skin issues such as itching and their CeraPlus products infused with Ceramide. Come join us for this important program. We will have light refreshments. Congratulations to all the new and incoming members of our Board. A special thank you to Tony Romeo for your service!

**Billy Locke**, 337-515-6354

## Baytown Group News

Baytown Ostomy Support Group had a remarkable gathering with 14 ostomates, family members and friends in attendance for May 13th meeting.

With Byram Healthcare rep suddenly unavailable, Cindy Barefield RN, CWOCN treated the group to a deconstructed version of Ostomy Jeopardy. This game had categories of "How it Works", "In the Know", "Parts of the Body" and "UOAA Trivia". Participants had the option to answer the question and earn the assigned points or if they could not, someone else in the group could answer and steal the points! It was a great opportunity to review for some, learning for others and just a little bit of fun for everybody!

We welcomed a new ostomate and his wife and had time to catch up on any concerns from the group. From the recent presentation on Ostomy Resources, awareness of the need for ostomy supplies drove several members to bring in samples they didn't think they could use and excess supplies they had on hand. These items are much appreciated!

I hope you will plan to attend ostomy support group the 2nd Monday of each month. For the June 10th meeting, we are planning to have Lisa Osterhaus from Hollister with us.

Support Group Meetings are a great opportunity to network with other ostomates, friends and family members and to receive information from the ostomy community—I hope to see you there!

Best regards,

**Cindy Barefield, RN, CWOCN**, 281-428-3033

## Health Tips

*From Women's Health Advisor*

- **Three-minute secret helps control blood sugar**— If you spend 30 minutes or more in a sedentary sitting position, you should know that taking a 3-minute stand-up activity break (like walking in place or raising your arms above your head) can help improve management of blood glucose levels, especially in people with type 2 diabetes.
- **Easy exercise lowers risk of falling 43% better than other methods**— Recent research shows that people practicing tie chi—a low impact exercise consisting of gentle, flowing movements—reduced the rate of falls by 43% compared with other interventions. "Women over 50 can also benefit from several other types of exercise that target balance and stability," says Jaclyn Bonder, MD, a physical medicine and rehab specialist at Weill Cornell medicine.



The **United Ostomy Associations of America (UOAA)** can be contacted at:  
[www.ostomy.org](http://www.ostomy.org) or **800-826-0826**

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

## Urostomy and Continent Diversion Patients Find Support and Education from Peers at UOAA

(Continued from page 1)

has an ostomy nurse and insist on having your stoma placement marked before surgery. These and other self-advocacy tools are paramount and outlined in our Ostomy Patient Bill of Rights.

Other surgical options after bladder removal may not require an external pouching system such as a continent pouch, or orthotopic neobladder. Continent diversion surgery needs lifestyle consultation and thought before being seriously considered since these surgeries are extensive and have possible complications including incontinence.

Read more in-depth here about continent urinary diversions such as an Indiana Pouch. This uses the creation of an intestinal reservoir with a catheterizable channel that is brought from the reservoir to the skin with the creation of a stoma. The Indiana pouch has become the predominant urinary diversion for patients who desire continence.

Another diversion is the Neobladder. The creation of a reservoir (neobladder) that is surgically connected to the urethra. It is created for those who do not want a stoma and wish to void per the urethra.

Before surgery, it is also best to learn some facts about living with an ostomy. After the healing period outlined by your surgeon you can swim, bathe, be intimate, travel, and embrace a new normal life. For more information read our Tips for a Successful Recovery After Ostomy Surgery and use it as a roadmap for success.

### Urostomy Tips

For help getting a good night's sleep with a urostomy, night drainage systems are available to collect and store urine so can sleep without having to empty your bag multiple times during the night.

Unlike some people with gastrointestinal ostomies there are usually there are no dietary restrictions and foods can be enjoyed as before. It is suggested that 8-10 glasses of fluid per day be consumed to help decrease the chance of kidney infection. We also have information on how to retain an acid PH balance of your urine.

Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not interfere with normal sexual activity or pregnancy. UOAA Affiliated Support Groups are available for individuals and partners seeking emotional support. Our Sexuality and Intimacy Guide may be helpful in facing any new challenges.

### Connect with a Community

If you have not had the chance to connect with others with a urostomy, UOAA's 7th National Conference is a unique opportunity. Urostomates will find camaraderie and education with others from around the country. A few of the urostomy specific sessions include a Basic Urostomy session with Dr. Edouard Trabulsi, MD, FACS and a urostomy meet and greet. There is also a "Ask the WOC Nurse – Urostomy" session with Marie Brown-Etris, RN, CWOCN and other general sessions to get your urostomy or continent diversion questions answered.

Connect with the Bladder Cancer Advocacy Network (BCAN.org) on all the ways to make an impact. You're also invited to join with UOAA for Ostomy Awareness Day on October 5, 2019 or participate in one of our Run for Resilience Ostomy 5k events around the country. We hope you'll consider a donation, joining our advocacy efforts, or taking part in a support group to give back to the next cancer survivor in need.



### Tips for Living Well with an Ostomy

*By Ann G. Sloane, LCSW-C, MMOA presentation, March 2019*

- Learn the basics of your ostomy care. Practice your skills. Build your confidence.
- Anticipate solutions to potential problems. Practice them, too.
- Live life. Hold onto your goals. Problem solve, as necessary.
- Have compassion for yourself as you discover and embrace your "new normal."
- If you have an intimate partner, communicate honestly with one another—you may both have new feelings and needs.
- Know you are not alone. Use your ostomy support system for seeking and sharing help with special issues—e.g., insurance, intimacy, airport scanners, skin breakdown, scuba diving, paid caregivers, self-acceptance.
- Take advantage of professional sources of support for further help with medical, emotional, relational or spiritual issues.
- Acknowledge how an ostomy has contributed to your life—the positive and the negative.
- Use your experience to help yourself and others. Consider becoming a systems advocate for issues important to many living with an ostomy.



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Fax (713) 461-5806

## WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
cbarefield@houstonmethodist.org

Rose Guzman, RN, CWOCN (713) 465-8497  
Specialty Wound & Ostomy Nursing, Inc.  
roseg@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
Patricia.Thompson6@hcahealthcare.com

# Get Ostomy Answers!

Each *Phoenix Ostomy Magazine* answers the many questions about returning to a full and active life after surgery. Topics include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy.

**America's Leading Source for Ostomy Information, Education and Inspiration!**

Each subscription directly supports the nonprofit United Ostomy Associations of America, [www.ostomy.org](http://www.ostomy.org), who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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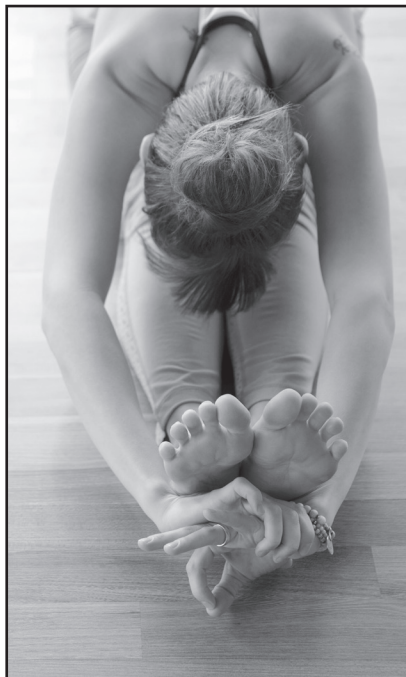
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"The Phoenix magazine is the most important tool that ostomates can get a hold of."  
M. Bauer, Nebraska

\*Based on \$9.95 cover price. One-year Canadian subscription: \$35 Two-years: \$60. U.S. funds only. Published March, June, Sept. and December.



## Help maintain healthy skin around your stoma with the CeraPlus skin barrier

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<sup>†</sup>Global User Evaluation. Data on file, Hollister Incorporated.

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## Central Group

**Monthly:** Third Monday of the month  
**Date:** **June 17, 2019**  
**Time:** 7:00 p.m.  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Denise Parsons 713-824-8841  
 rockynme2@gmail.com  
**Program:** **Guest Speaker: Lorette Bauarschi, Attorney**  
 Lorette specializes in estate planning and probate law and will be discussing documents that plan for incapacity.

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **June 10, 2019**  
**Time:** 6:00 p.m.  
**Place:** Community Resource Credit Union Room of Houston Methodist Baytown Hospital  
 4401 Garth Road  
**Contact:** Cindy Barefield 281-428-3033  
**Program:** **Lisa Osterhaus** from Hollister

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **June 19, 2019**  
**Time:** 7:00 p.m.  
**Place:** NW Medical Professional Bldg., (The Cali Bldg.)  
 17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)  
**Contact:** Billy Locke 337-515-6354  
**Program:** **Lisa Osterhaus** from Hollister

## J-Pouch Group

**Monthly:** Third Monday of the Month  
**Date:** **June 20, 2019**  
**Time:** 7:00 p.m. or by Appointment  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Ron Cerreta 832-439-1311  
 Ron Meisinger 281-491-8220

## Opportunities and Announcements

### Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:  
<http://www.ostomyhouston.org/>

### Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

### AmazonSmile

On your first visit to AmazonSmile ([smile.amazon.com](http://smile.amazon.com)), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to [smile.amazon.com](http://smile.amazon.com) on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

### Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

### Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com).

### For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area  
 Attn: Tony Romeo, Treasurer  
 P. O. Box 25164  
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

*Monthly support and information meetings are held in three locations for member convenience.*

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**– Mike**

Mike is a Brava user who has received compensation from Coloplast to provide this information.

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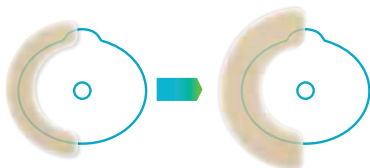
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## Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown.

Dues of \$25.00 per year are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer

P. O. Box 25164, Houston, TX 77265-5164

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ E-mail: (required) \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: \_\_\_\_\_

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Membership benefits include:  
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 Meetings, Social Events,  
 Monthly Newsletter

☐ I would like to attend meetings with the (**please circle one**):

Central Group      Baytown Group      Northwest Group      J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. (*This will be kept confidential.*)

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: \_\_\_\_\_

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$\_\_\_\_\_ as a donation to support the association's mission of helping ostomates.



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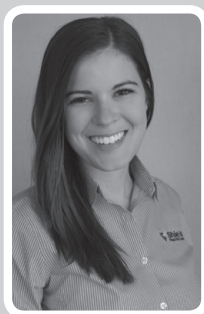
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