



November 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)

## My First TSA Encounter

By Terri V. – OAHA Central Group

I admit that I had nightmares about traveling with my ostomy. I talked to everyone I knew who did travel with one. No one seemed to have any trouble. Sigh. That was not to be my experience.

I have had my ostomy for a year and a half now. This was our first family vacation since chemo ended. I was really excited that I had enough energy to do this trip. My family was excited just to go with me. We planned to see the Red Sox, Yankees, and Phillies in their home stadiums. This was big since my husband is lifetime Red Sox fan!

Leaving Houston was a breeze—I told them that I had an ostomy and was waved right on through. I was so excited that everything was going so great with travel! Coming home via Baltimore/Washington International Airport was entirely different. I followed exactly the same procedure that I had used in Houston—informed the TSA agent about my ostomy. Nope! I felt that I triggered every, single threat level, apparently. (You know teachers are scary beings.)

I chose to have private room in case anyone needed to actually see the bag. Two TSA agents and I became rather thoroughly acquainted during my personal pat down. They were polite and gentle. I felt this was an inconvenience rather than an embarrassment.

When my husband came to see what was going on, I told him that I "failed the screening." I have a teacher voice, so this statement



was probably not a quiet communication with him. The agents appeared taken aback by my humor!

My sense of humor is on the weird side as I try to find the funny in almost all situations.

I did ask the TSA agent if she needed to see the bag. She looked aghast and very quickly declined my invite. Too bad, it was filling! My husband was not as amused as I was.

What I learned:

- Arrive early. Depending on your flight try to be 2 or more hours early.
- Be prepared to share.
- Wear loose clothing.
- Try wearing a clear bag.
- Always have a smile.
- Be patient—TSA agents are not, necessarily, well trained in your medical condition.
- Remember that they may have NO idea what an ostomy is even if you tell them.
- Keep a sense of humor or a sense of adventure!

**See information about our Holiday Party on page 6 of this newsletter!**

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).

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## Central Group News

On Monday, October 21st the Central Group enjoyed a Roundtable discussion and a presentation from Danielle Pierce, RD, LD, a clinical nutrition manager at Houston Methodist Sugar Land Hospital.

During our Roundtable, as we went around the room and introduced ourselves, I was making a mental calculation of the years of ostomy experience related to our long-time members in attendance. I easily added up more than 100 years of experience! My next thought was why do these members keep coming back? Surely, after having an ostomy for 10+ years, they don't need help or advice with their ostomies? As they introduced themselves and their type of ostomy, they talked about their travel adventures and normal day to day lifestyles. These long-time-members also shared their dedication to the Ostomy Association of the Houston Area and their desire to give back. They want to give back to YOU, our newer members and guests because the ostomy association helped them so much during the first months or so of their ostomy after their surgery. Our members have survived cancers, Crohn's disease and ulcerative colitis to name a few and received help when they most needed it.

Our members braved chemotherapy, radiation, prednisone, many IBD drugs, transfusions, numerous hospital visits, and other challenges. We are a group dedicated to providing support for those who have or will have ostomy surgery. Many of us come to meetings because we want others to know that our life has been made better by having an ostomy. We want to help you as we were helped many years ago. As someone who suffered from Crohn's Disease and Ulcerative Colitis, I can tell you that my life is significantly better with my ostomy.

Did you know, according to the United Ostomy Associations of America, Inc. there are approximately 725,000—1 MILLION

people in the U.S. who have an ostomy? The OAHA is dedicated to providing education, information, support, and advocacy for ostomates. We need your active participation to achieve these goals so, please make a note in your diary to attend our monthly meetings.

Also, at our Central Group, Danielle Pierce, RD, LD, presented information on diet and nutrition. She included handouts from the Academy of Nutrition and Dietetics which recommends following the general, healthful Mediterranean diet. The primary sources of protein in this diet are seafood and legumes (and nuts too, but most of us with an ostomy avoid nuts). Remember to chew, chew, chew and drink plenty of fluids. Danielle talked about the importance of starting slow when adding new foods to your diet following surgery, avoid high fiber foods, greasy foods and foods and vegetables known for causing gas. To find out more about the Academy of Nutrition and Dietetics and eating healthy go to: <https://www.eatright.org/> Thank you Danielle!

Our next meeting is Monday, November 18th and our speakers are the Rice University Colostomates Team. These students visited us in February 2019 to share their Global Health Technology Project with a goal to design an ostomy system for patients living in low-resource settings such as Nigeria, India, and Brazil. They will be sharing their updated ostomy system with us and would like our comments. The team may even be ready to find a few volunteers willing to test out their system! Please join us and share your thoughts and ideas.

We hope that you and your family will join us for our annual Holiday Lunch at the Junior League of Houston on Saturday, December 14th. Check out the details in this newsletter. I hope to see you on November 18th!

**Kathleen Duplessis**, President, OAHA, 713-299-3180

## Sugar Land Group News

The Houston Methodist Sugar Land Hospital had its Ostomy Support Group on October 17th. We began our meeting with recognition of Ostomy Awareness Day on October 5th and we shared the t-shirts that Wanda, Sarah, and Joan wore on Friday October 4th. Lifesaver candies were passed around the group. Two attendees won a Ostomy Awareness T-shirt.

Introductions of attendees were done with roundtable support offered by all.

Tracy Baranzky with Convatec presented the me+ product line with interest expressed over the difference between the one piece versus the two piece, the telescoping two piece appliance, the Eakins ring being able to be torn apart for filling skin crevices, and the use of additional hydrocolloidal strips to secure edges of the appliance. Other items presented included how to obtain samples and how to determine if your supplier can get a product you want. A travel kit was also shown and a couple of the attendees shared

how it does make traveling with a stoma easier. Tracy also explained how a retracted stoma can be bagged with a convex device and gave a demonstration of its application. A unique two-piece device was shown that allows the wafer to be applied and then the bag is applied after with the hydrocolloidal gel sticking to itself. Another new product is the no cut wafer that allows the user to just roll back the opening to fit around the stoma and then it will only unroll to the edge of the stoma. Everyone got to play with rolling the appliance!!

The next meeting will be November 21st from 6-7 PM in the Houston Methodist Sugar Land Hospital Main Pavilion Conference room B, Roundtable discussion night. Please contact Joan Burnham RN OCN to reserve a spot by calling 281-274-0188 or by e-mail at [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org).

**Joan Burnham, MSN, RN, OCN**, Oncology Nurse Navigator  
281-274-0188

## Baytown Group News

Baytown Ostomy Support Group met Monday October 12th with plans for a presentation on Healthy Holiday Eating and Reading Food Labels. The group welcomed Dietitian Intern at Houston Methodist Baytown Hospital, Olivia Law and Dietitian Julie Villarreal.

Olivia walked the group through the basics of reading a label. She reminded us to consider serving size and claims of the product manufacturer such as Natural, Organic or Healthy which can be misleading. Olivia showed the group that food labels are being designed so that they are easier to read. A "tour" of the food label from the top down illustrated this point.

For many of us, the Holidays pose a big challenge to eating Healthy. Olivia and Julie offered a traditional Thanksgiving menu with the group weighing in on calories for each component. After the staggering total, a contrasted menu was proposed with ideas to save calories. This resulted in a huge calorie savings and a more nutritious dinner option. Olivia and Julie also shared some delicious recipes for the group to take home—I cannot wait to try the cranberry salad that is not sweet!

Second Monday of each month Baytown Ostomy Support Group meets in the CRCU Community Room. (Located in Plaza 2 of the hospital.) I hope you will make plans to join us. In November, Tracy Baranzky from ConvaTec will be joining us with new soft flex convexity and Ostomy secrets. In December, we have Dr Kronfol on our wish list!

Baytown Ostomy Support Group is here for you!

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

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

**Date:** Sunday, November 10, 2019  
**Time:** 2:00-3:00 p.m. (2nd Sunday of every month)  
**Location:** Texas Children's Hospital The Woodlands  
 Inpatient Building  
*See page 9 for flyer and more information!*

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



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

## Northwest Group News

The Northwest Group picnic was a success. We had a great crowd despite the weather and Astros game. Everyone enjoyed a taste of line dancing presented by Ken and Paulette Gross. We learned steps to the Electric slide, K Step Boogie and the Lindi Shuffle to music.

Our potluck meal consisted of beef pot roast with carrots and potatoes, a chicken potato egg salad, rice dressing, chicken tenders, mustard potato salad, homemade potatoes au gratin with a side of chips and salsa. Several desserts including a variety of cookies and brownies topped off the meal. Special thanks to everyone who brought a tasty contribution!

We heard from and definitely missed Laurie, Suzanne, Christy, Tony, Nancy, Mark, Betty and Joe. We hope to see ya'll at our November meeting.

The November 20th program is aimed at stress reduction. Perfect timing as the Holidays ramp up early. Another husband/wife team will present gentle yoga stretching (no mat or floor work) coupled with simple meditation techniques. This event will be available to all and includes a modified chair version for the yoga stretching for those who have difficulty standing. Wear comfortable clothing.

There will be a pre-meeting fellowship gathering at Luby's beginning approximately 5:30pm. There is no group meeting in December. All members are encouraged to attend the Holiday Gathering at the Jr. League of Houston. Additional details can be found elsewhere in this newsletter.

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







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(713) 465-2200  
Fax (713) 461-5806

## WOC Nurse Directory

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

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.



### ORDER FORM

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☐ One-year subscription \$29.95\* (25% Off) ☐ Two-years for \$49.95 (38% Off)

**Make check payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690**

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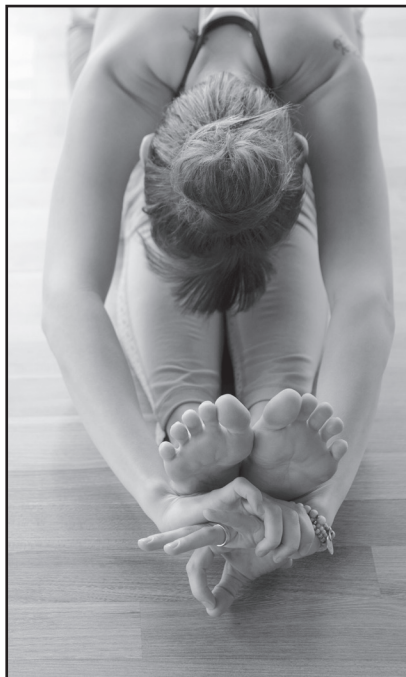
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"The Phoenix magazine is the most important tool that ostomates can get a hold of."  
M. Bauer, Nebraska

\*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

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus skin barrier** have reported visible improvement in the appearance of their skin.<sup>†</sup>

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a **FREE** sample, contact us at **1.888.808.7456** or **[www.hollister.com/tryCeraPlus](http://www.hollister.com/tryCeraPlus)**.

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

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Ostomy Care  
Healthy skin. Positive outcomes.

### Central Group

**Monthly:** Third Monday of the month  
**Date:** **November 18, 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:** **Rice University Colostomates Team**

### Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **November 11, 2019**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Baytown Hospital, Community Resource Room, Plaza 2, 4401 Garth Road, Baytown, Texas 77521 (Parking is best from Baker Rd. Entrance to back of hospital.)  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033  
**Program:** **Tracy Baranzky** from ConvaTec

### Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **November 20, 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:** **Stress Reduction: Gentle Yoga Stretching** (no mat or floor work)

### Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **November 21, 2019**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Sugar Land Hospital Main Conference Room A, 16655 Southwest Fwy, Sugar Land, TX 77479  
**Contact:** Joan Burnham, MSN RN OCN, Oncology Nurse Navigator 281-274-0188  
**Program:** **Roundtable**

### Woodlands Pediatric Group

**Monthly:** Second Sunday of the Month  
**Date:** **November 10, 2019**  
**Time:** 2:00 p.m.  
**Place:** Texas Children's Hospital, The Woodlands, Inpatient Building  
**Contact:** MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490  
**Program:** **Physical Therapy/Activity with an Ostomy**

### 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: Mike McGinity, 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.)

The OAHA

# Annual Holiday Luncheon



**Saturday, December 14, 2019**

11:00 a.m. – 1:30 p.m.

The Junior League of Houston  
Garden Room B

1811 Briar Oaks Lane, Houston, TX 77027  
\$30 per person

## Menu Options

Includes: entrée, rolls, dessert, tea or coffee

**CHICKEN SPINACH CREPES** topped with mushroom sauce, served with asparagus and tomatoes

**BEEF STROGANOFF** served with buttered noodles, caramelized onions, brandied cream and haricot verts

\* **SOUTHWESTERN COBB SALAD** grilled chicken, mixed greens, corn and black bean pepper relish, guacamole, tomatoes and Jack cheese tossed with chipotle ranch.

\* *Gluten free option.*

\* *Vegetarian option omit grilled chicken.*

## DESSERTS

- Pumpkin Brulee topped with JLN sugared pecans
- Chocolate Mousse in almond lace basket
- Cookie a la mode
- Jayne's Bread Pudding
- Mixed Berry Cobbler
- Pecan Ball

*Reservations for you, your family and friends can be made by sending your check (payable to Ostomy Association of the Houston Area) to Mike McGinity, 4502 Tilson Lane, Houston, TX 77041 before December 6, 2019.*

Website for Junior League of Houston:

<https://www.jlh.org>

**PLEASE NOTE, YOU DO NOT NEED TO PLACE YOUR MEAL PREFERENCE WHEN YOU PAY.  
ORDERS WILL BE TAKEN BY WAITSTAFF AT THE EVENT**

You may pay by check and mail to the address above, or you may pay by PayPal, using this link:

[Paypal Link](#)

The event will be held at the Junior League of Houston. 1811 Briar Oaks Lane

A link to the Google map is provided below:

[Google Map Link](#)



**Brava<sup>®</sup>**

***"I don't want to be thinking about my ostomy pouch while I'm focusing on something else."***

**– Mike**

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

## Security to live *everyday life*

### **The new Brava<sup>®</sup> Elastic Barrier Strip XL**

The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura<sup>®</sup> Mio barriers to improve feelings of security.

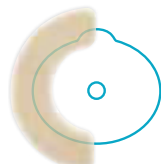
#### **Improved coverage and larger adhesive area**

Provides an increased feeling of security to those looking for extra security

#### **Brava Elastic Barrier Strip**

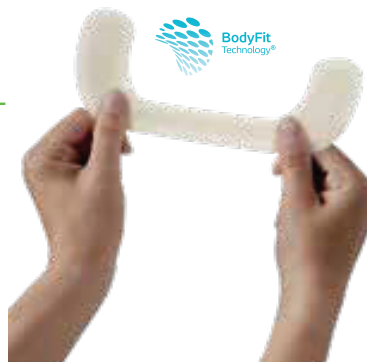


#### **Brava Elastic Barrier Strip XL**



#### **Designed for extra security**

Helps keep the edges of the barrier firmly in place



#### **Supports an active lifestyle**

Absorbs sweat and moisture, and keeps its elasticity during physical activities, which makes Brava Elastic Barrier Strip XL suitable for moving around in everyday life



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PM-04480 05.18

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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: \_\_\_\_\_

Street Address: \_\_\_\_\_

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: \_\_\_\_\_

### Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- |                                            |                                              |                                                         |
|--------------------------------------------|----------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Colostomy         | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy         | <input type="checkbox"/> Continent Urostomy  | <input type="checkbox"/> Spouse/Family Member           |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through        | <input type="checkbox"/> Physician                      |
| <input type="checkbox"/> Other: _____      |                                              | <input type="checkbox"/> Nurse                          |

☐ 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.

*Membership benefits include:  
Monthly Support/Information  
Meetings, Social Events,  
Monthly Newsletter*



# **Houston Area, Ostomy, Pediatric Education & Support Group**

**Presented by Texas Children's Hospital The Woodlands**

**Date: November 10, 2019**

**Time: 2:00-3:00 PM**

**(Offered 2nd Sunday of every month)**

**Location: Texas Children's Hospital The Woodlands  
Inpatient Building, 2nd Floor, Conference Center "A"  
17600 I-45 South, The Woodlands, TX 77384**

**Topic: Physical Therapy / Activity with an Ostomy**

**Speaker: Trisha Thorne, PT, DPT, SBCS, C/NDT, CNT**

**Purpose:** To foster supportive relationships with peers who share common diagnoses; to support healthy lifestyles and enhance body, mind and spirit.

**Objectives:**

- Patients and parents will join group discussions and activities that provide solutions and coping strategies for challenges of managing an ostomy.
  - Topics include: mental, physical, financial and social issues impacting children and adolescents managing ostomy care.

To reserve your place, contact MaryAnne Lewis via e-mail ([maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com)) or 281--948-1490

*Siblings welcome! Light snacks provided.*



The  
Woodlands



# Seatbelt Relief

**STOMASPAN** is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection.

Created by an Ostomate, Stomaspan is a patent pending device that provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Stomaspan is made in the USA of durable lightweight aluminum and weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently. Its compact size allows easy movement from one vehicle to another. It can be carried in a briefcase, handbag or kept in your vehicle console.

Stomaspan sells for \$57 which includes shipping within the USA. For more information or to place an order please visit our website at [www.Stomaspan.com](http://www.Stomaspan.com) or call 713-725-5890.