



February 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

Ten Questions to Ask Before You Choose a Health Plan

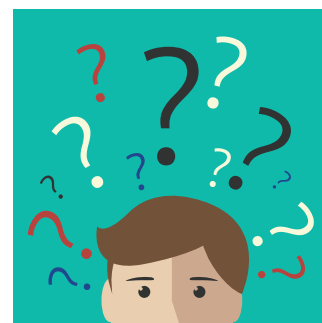
Whether you are reviewing the different plans offered by your employer annually or looking for a supplemental Medicare plan or purchasing your own insurance on the marketplace, think of it like comparison shopping for a new car. You need an affordable plan that fits your budget. **Warning: just because the sticker price is a great deal (low premiums) doesn't mean it is a good plan for you.** What bells and whistles (coverage) do you need? Does the dealer (insurance broker) measure up? Consider what is important to you and how you might have to make some concessions. For example, is the priority to have coverage for your ostomy supplies or be able to go to your preferred doctor? In other words, depending on the plan you may have to decide to pay out-of-pocket for one service so that you get coverage of another more expensive service.

As you shop around ask questions like the following so that you can choose a plan confidently?

1. What type of plan is it?
2. Is your trusted medical provider that you want to keep visiting participate with the plan (i.e., are there limits on choosing your doctors or medical facilities; in-network vs out-of-network)?

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.

3. Does the plan have any restrictions on pre-existing conditions? (Be cautionary with new short-term plans.)
4. Does the plan provide coverage for all of your ostomy supply products—and not just ostomy supplies? What are all the benefits covered (i.e., vision, routine exams, ambulance, etc.) and what is excluded?
5. Does the plan have a formulary for ostomy supply coverage (i.e., restrict you to use only certain manufacturer brands or a particular supplier)?
6. Does the plan provide coverage for specialized visits with a certified ostomy nurse or have limits to the number of visits for specialized care (e.g., physical therapy)?
7. Do you need referrals or prior authorizations?
8. If you are on any medications, is your prescription on your insurer's formulary/preferred drug list (or does the plan cover your prescription drugs)? Plans handle prescription costs differently.
9. How much will you pay out-of-pocket before your health plan starts covering your health care services (premium, deductible, coinsurance, copay)?
10. Does the plan offer any financial assistance to help offset out-of-pocket costs?



Thanks to *UOAA Articles to Share*, November 2018

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.

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Central Group News

We welcomed Chris Rigsby from B Braun to our January meeting. He gave us an overview of the products that B Braun produces and told us about the myosto-my life program, which provides resources for the ostomates. At myosto-mylife.com, you can get answers to product questions, educational information, ostomy patient stories and make product sample requests. At this time, only McKesson offers their products, but they are working with other suppliers and they are hopeful their products will be offered through these other suppliers soon.

We also welcomed some students from Rice University, who are working on a Global Health Technology Project, which involves ostomy care access for patients living in low-resource settings such as Nigeria, India, and Brazil. Many patients in these countries have to resort to using makeshift plastic bags attached to the skin with adhesive plaster or duct tape instead of proper ostomy bags because they don't have access or can't afford ostomy care. The students' goal is to design an ostomy system to give these patients a safe and effective alternative to expensive ostomy bags. We offered A LOT of feedback and hopefully have enhanced their understanding of what ostomates need in a pouching system. We also brought up that there are many people in the U.S. who are unable to afford ostomy supplies due to being uninsured or under-insured. The students plan to keep us informed of their progress and in the future may request volunteers to wear their pouch for a short time for a study.

As you know, our group has a visitation program for new or proposed ostomates. Visitors are ostomates themselves and are carefully screened and trained. Visitors do not give medical advice. But talking with a person who has had an ostomy surgery and who demonstrates an ability to live a normal active life, frequently helps the patient to accept the surgery, and is very important in the rehabilitation process. Our Visitor Training will be on Saturday, April 27th, 8:30 am–1:00 pm at the Tracy Gee Community Center. Please join us! RSVP to me at lorette@bauarschilaw.com.

Our next meeting is Monday, February 18th. Our presenter will be LaToya Cooper from Patient Caregivers. My family uses Patient Caregivers to provide caregivers for my mother, who lives at home but has mobility issues. This will be a good opportunity to learn how professional caregivers can help your family.

I look forward to seeing you at the meeting.

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

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

Baytown Group News

The 2nd Monday of January found Baytown Ostomy Support Group members gathered in the Community Resource Credit Union (CRCU) Room at Houston Methodist Baytown Hospital to reflect on Cindy's presentation: Examination of THE Ostomy Lifestyle.

The enthusiastic assembly of 13 considered the following components of "THE" Ostomy Lifestyle:

- Dressing
- Emotional Support
- Exercising
- Nutrition
- Odor Management
- Peristomal Skin Care
- Showering
- Sleeping
- Traveling

The discussion was made more interesting as persons with colostomies, ileostomies and urostomies were represented as well as different levels of experience following surgery.

Members reflected on the impact these components have had on their transition after surgery and their quality of life today.

The group found these online resources for "Living with an Ostomy" very helpful. They are listed here for you.

Shield Healthcare:

<http://www.shieldhealthcare.com/community/ostomylife/2014/06/13/living-with-an-ostomy/>

ConvaTec: <https://www.convatec.com/ostomy/>

Coloplast: <https://www.coloplast.us/ostomy/people-with-an-ostomy/>

Hollister: <http://www.hollister.com/en/ostomyicare/ostomylearningcenter>

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month from 6–7:00 pm. We will meet in the (new) Community Resource Community Room at the hospital. You will find ample parking and an easy entrance to our meeting location if you enter the parking lot behind the hospital off of Baker Road. February's topic is going to be "Ostomy Resources-Getting to the Heart of the Matter!" We hope you will make plans to join us.

Hope to see you soon!

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

Gather With The Ostomy Community at UOAA's 7th National Conference!—August 6–10, 2019

Join UOAA next August in Philadelphia, PA, for the ostomy communities' premier educational and social gathering. All are welcome!

For more information go to:

<https://www.ostomy.org/2019-uoa-national-conference/>

Northwest Group News

We started out the year with a small planning group for the upcoming year. Everyone missed Patti and Billy as he heals up but we look forward to seeing them in February.

We are looking for a few solid volunteers to help with managing our supply cabinet. If interested, please let Pat or Patti know at the next meeting. We are excited to have the Coloplast representative presenting at our February program on the 20th and will be hosting our semi-annual ostomy product swap meet on March 20th. The swap meet is an opportunity to bring your extra or no longer needed ostomy product to us and also to browse what others bring that you may need. No money is necessary.

Please consider taking the upcoming Visitor Training in April — details elsewhere in this newsletter. Happy New Year!

Billy Locke
337-515-6354

FOW—Make a resolution you can keep

You are encouraged to send any unused ostomy supplies to Friends of Ostomates Worldwide-USA at FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539. These supplies will help needy ostomates have a happier and healthier New Year. You can read their inspiring stories on our website www.fowusa.org.

Thank you for your continued financial and product support. We appreciate it.

Ann Favreau, President
Friends of Ostomates Worldwide-USA

Don't Miss This! Visitor Training—April 27, 2019

OAHA has a visitation program for new or proposed ostomates. Visitors are ostomates themselves and are carefully screened and trained. Visitors do not give medical advice. But talking with a person who has had an ostomy surgery and who demonstrates an ability to live a normal active life, frequently helps the patient to accept the surgery, and is very important in the rehabilitation process.

**Our Visitor Training will be on Saturday, April 27th,
8:30 am–1:00 pm at the Tracy Gee Community Center.
Please join us! RSVP to lorette@bauarschilaw.com.**



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

New From *The Phoenix Ostomy Magazine*

Dear Nurse Brown,

I had ileostomy surgery about six months ago. Is it normal to get up three or four times a night to empty the pouch? Also, my stoma hurts when thick or fibrous foods are passing through.

P.P.

Dear P.P.,

Getting up three to four times per night seems excessive to me. I have several concerns that I would like to address. First and foremost, I would be concerned about the volume of the ileostomy output if you need to empty the pouch so frequently, even at night. It is important to keep track of the volume and contact your surgeon if the output is greater than 1,000ml (one liter) in a 24-hour period. High output can put you at risk for dehydration and electrolyte imbalances.

I teach my patients to expect the output of the ileostomy to thicken up to an applesauce consistency within four weeks after surgery. At six months out of surgery, your ileostomy output should be around 750-1000ml in a 24-hour period. Without knowing your complete medical situation, I can only make some suggestions to help manage the output.

Eat foods that will thicken your output, such as bananas, tapioca, applesauce, marshmallows, creamy peanut butter, potatoes, rice, barley, pasta, oatmeal, cheese, yogurt, soda crackers and toast. Speak with your surgeon about taking medicines to slow the motility of your GI tract, possibly taking this medicine prior to going to bed.

I recommend eating small, frequent meals and not eating a large meal within two hours of bedtime. There are nighttime drainage systems and high output drainage pouches that you could use to lessen your trips to the bathroom.

I am also concerned with your stoma hurting when you are passing thick or fibrous foods. It is generally recommended to limit the amount of high-fiber foods ingested when you have an ileostomy. All foods should be chewed very well. Sometimes a food blockage or partial food blockage can cause pain as the fibrous foods that your body cannot break down “dam up” at the level where the ileostomy passes through the abdominal muscle and out to the skin. The blockage may only let liquids pass or may stop output completely.

Foods that may cause obstruction include nuts, coconut, dried fruits, whole grapes, citrus fruit, popcorn, corn, cabbage, coleslaw, celery, potato skins and raw carrots.

An ileostomy obstruction or blockage can cause cramping, watery stool and no output. Often, there is swelling of the stoma and abdominal distention.



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Houston, TX 77055

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

WOC Nurse Directory

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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, who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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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.



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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.[†]

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Ostomy Care
Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **February 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: **Guest Speaker: LaToya Cooper** from Patient Caregivers

Baytown Group

Monthly: Second Monday of the month
Date: **February 11, 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: **"Ostomy Resources—Getting to the Heart of the Matter!"**

Northwest Group

Monthly: Third Wednesday of the month
Date: **February 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: **Guest Speaker: Coloplast Representative**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **February 18, 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

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

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), 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 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, US Mail, or phone. Send updates to Lorette Bauarschi at 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.)

Brava®

"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.

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The new Brava® Elastic Barrier Strip XL

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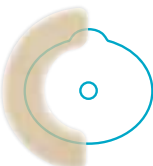
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

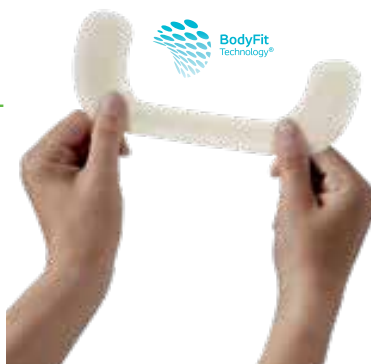


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<https://www.facebook.com/OstomyHouston/>

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 |

*Membership benefits include:
 Monthly Support/Information
 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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Ostomy Association of the Houston Area

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713-668-8433 or marriot@rice.edu
713-782-7864
281-798-9127 or mlmcginity@gmail.com
281-670-5976 or jffoshee@comcast.net

Appointed Positions

Carol Johnson	Visitation Coordinator	281 610-2301 or carol.johnson2@sbcglobal.net
Cindy Barefield	Baytown Group Coordinator	281-428-3033 or cbarefield@houstonmethodist.org
Billy Locke	Northwest Group Coordinator	337-515-6354 or brlocke1@yahoo.com
Ron Meisinger	J-Pouch Coordinator	281-491-8220
Edgar Wood	Outreach Coordinator	281-493-5015 or ewood6@comcast.net
Patti Suler	Media Coordinator	281-352-2566 or pattiksuler@yahoo.com

WOC Nurses

Cindy Barefield, RN, CWOCN Rose Guzman, RN, CWOCN Pat Thompson RN, BSN, CWON