



March 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

Ostomy Myths vs Reality: The Truth About Living with an Ostomy

Note: (me+ is a service of Convatec.com)

After ostomy surgery, you may find helpful tips and tricks from other people living with an ostomy in online communities, support groups, forums and more. Weeding through the fact and fiction can be difficult. Our me+ team of certified ostomy nurses and product specialists have outlined some of the most common myths they hear to provide you with the truth about living with an ostomy.

Myth: Only use the ostomy pouching system that you were fitted with in the hospital or doctor's office. You should not explore new products on your own.

Fact: In the weeks and months following ostomy surgery, you may find your stoma and body changing. In the first few weeks and months post-surgery, your ostomy pouch system may need to be changed also. Contact our me+ team today to be fitted with ostomy samples designed to fit your lifestyle and body.

Myth: All ostomy products are the same. It doesn't matter what type of pouching system you wear.

Fact: There are a large variety of ostomy products available to fit the needs of each person living with an ostomy.

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.

Myth: Your stoma should not change size after a few months after surgery.

Fact: In the weeks and months following ostomy surgery, your stoma may change in size and appearance.

Myth: Having skin irritation is a normal way of life with an ostomy.

Fact: If the skin around your stoma becomes damaged, it could be painful and lead to infection. It also becomes more difficult for the skin barrier of your pouching system to stick to your skin. Prevention is the key to maintaining both healthy peristomal skin and your comfort.

(Continued on page 3)

March is Colorectal Cancer Awareness Month Get your screening!

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.

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 had a great discussion with LaToya Cooper with Patient Caregivers at our February meeting. Toya helped us understand how caregivers can assist families who need assistance caring for elderly or ill relatives.

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.

Just a note that we will be voting for new Board members in May to begin serving three-year terms on July 1, 2019. Our nominees are Denise Parsons, Marian Newman and Kathleen Duplessis. If you would like any information about these nominees, please let me know.

Our next meeting is Monday, March 18th. Our presenter will be Shannon Triplett from Coloplast. I look forward to seeing you at the meeting.

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

Northwest Group News

We had a great time with Shannon Triplett from Coloplast. She introduced three new products that included a new star-shaped wafer for those with rounded abdomens due to hernia or weight. We enjoyed meeting several new ostomates and sharing in their stories. A portion of the meeting was broadcasted live on Facebook. We missed Laurie, Silver, Betty, Jay, Suzanne and many others.

Next month is our semi-annual swap meet. This is an opportunity to clear out your closets of unused or no longer needed ostomy product. Attendees are welcome to try out and take home product as well. All free. Items not swapped out will be donated to needy ostomates after the event.

Billy Locke
337-515-6354



The **United Ostomy Associations of America (UOAA)** can be contacted at:
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.

Baytown Group News

Baytown Ostomy Support Group gathered the 2nd Monday of February for a presentation given by Certified Wound and Ostomy Nurse Cindy Barefield RN entitled "Ostomy Resources-- Getting to the Heart of the Matter!" Cindy introduced the topic with recent examples of patients from the surrounding area who have needed assistance with ostomy supplies immediately after surgery.

- Young man with temporary colostomy due to ruptured diverticulum; employed at minimum wage job with no insurance benefits
- Middle age woman with temporary ileostomy due to small bowel obstruction and abscess; lost her job due to prolonged hospitalizations
- Young woman with temporary colostomy due to ruptured diverticulum and abscess; unemployed; spouse works but has no insurance benefits

These patients and others like them need the support that resources like these can provide:

OstoGroup—provide ostomy products for cost of shipping/handling "Offering those in need a hand up not hand out" 877-678-6690
<https://www.ostogroup.org>

ConvaTec Patient Assistance Program—800-422-8811
<http://meplus.convatec.com/articles/patient-assistance-program/>

Coloplast Patient Assistance—877-781-2656 www.coloplast.us

A new resource, **KINDRED BOX**, was started in 2017 with the help of non-profit organizations, businesses, individuals and foundations who support *Ostomy Connection*. Kindred Box collects as many donations as possible and sends ostomy supplies to people who need them. Many have excess products and others don't have any—making this connection is very important to their mission. "<https://www.gofundme.com/kindredbox>"

Another resource that Cindy presented to the group was **FRIENDS OF OSTOMATES WORLDWIDE-USA (FOW-USA)**. The mission of this international non-profit volunteer organization is to provide ostomy supplies and educational resources at no cost to ostomates in need around the world. This organization can benefit from donations of supplies and money to help support this worthy mission. [WWW.fowusa.org](http://www.fowusa.org)

A lively discussion followed the presentation with introduction of two new ostomates and their family members. This was a great opportunity for questions, answers and exploration of potential solutions for those in attendance.

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month from 6–7:00 pm 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. We have Shannon Triplett, Territory Manager for Coloplast scheduled for our March meeting. I hope you will make plans to join us.

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

CCFA Takes Steps—Team Ostomy Association of the Houston Area (OAHA)

by Patti Suler

This year it's personal. Last year we lifted up and honored Paul Batchelder's fight against ulcerative colitis with his family beside us. It was a time of inspiration and healing.

We are still here and we are still fighting. I walk this year for myself and all those whose ostomies result from inflammatory bowel disease (IBD). I underwent my sixth major surgery related to IBD just four days after last year's walk.



This is more than just a fundraiser—it is an opportunity for patients and their families to connect with the greater IBD Community, helping them understand that they are never alone in this fight. Let's face it—OAHA represents to many the loss side of this disease since ostomies are viewed as the last ditch treatment option. However, since we have joined this event and participated year after year, we have shared real information and education that we are much more than they ever knew. We actively fight stigma by representing ourselves and our community. We are now hope for many.

The Crohn's & Colitis Foundation's (crohnscolitisfoundation.org) mission is to cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases. Take Steps is the Foundation's largest nationwide fundraising event where patients, loved ones, friends, and supporters empower and inspire each other to continue the fight against Crohn's disease and ulcerative colitis, also known as inflammatory bowel diseases (IBD).

This year the walk was scheduled earlier and is less than thirty days away. We need your help. We need it now. Our team was recognized last year for its incredible work and this year you will see us featured as the Houston Take Steps Site Wallpaper when you sign up to join us and/or donate.

We can fund THE research that leads to cures! Will you join our team and fundraise with us so that, together, we can make a difference today? Contact Team Captain Patti Suler for more details via the below links:

<http://online.crohnscolitisfoundation.org/goto/SupportSuler>

<http://online.crohnscolitisfoundation.org/goto/SupportOstomyHouston>

Houston Take Steps, March 30, 2019 Houston Zoo

7:00am Check-in and Festival Start | 8:00am Walk Start

1 in 200 Americans live with Crohn's disease and ulcerative colitis, yet there is no cure. That's why Team Ostomy Association of the Houston Area is participating in Take Steps on March 30, 2019.



Our team will be uniting together for hope, and walking together for cures in a welcoming and inspiring event. We're joining our community in the fight against IBD and have set a team goal to raise more than \$3,200 for the Crohn's & Colitis Foundation.

IBD affects more individuals than you may think; it is estimated that as many as 3 million Americans suffer from Crohn's and colitis every day.

Your donation will help support local patient programs, as well as important research projects. Please join our team or donate to our efforts to support crucial IBD research.

Ostomy Myths vs Reality: The Truth About Living with an Ostomy

(Continued from page 1)

Myth: If you have an ostomy, your significant other will not love you the same way.

Fact: It is common to have anxiety about relationships following ostomy surgery. Whether you're looking for a partner, have been dating a few months, or married 25 years, ostomy surgery will have an impact on you and your relationships.

Myth: Odor is a part of life when you have an ostomy.

Fact: You will become more comfortable with your ostomy pouch over time, and will gain confidence in its ability to retain odors.

Myth: People with an ostomy cannot fly, because the cabin pressure can cause the pouch to fail.

Fact: People living with an ostomy can fly, ride in a car, take a train and use all the same modes of transportation they utilized pre-surgery.

Myth: I can't get my pouch or wafer wet, which means I can't enjoy water activities or bathe with my pouching system in place.

Fact: You can shower, go swimming, or even get in the hot tub with your pouching system in place. If using a pouch with a filter, cover the filter with the covers provided. If you are unable to enjoy water activities with your current system, contact the me+ team to learn more about products that may help, 1-800-422-8811 or cic@convatec.com.



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Houston, TX 77055

(713) 465-2200
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, 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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[†]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: **March 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: Shannon Triplett** from Coloplast

Baytown Group

Monthly: Second Monday of the month
Date: **March 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: **Guest Speaker: Shannon Triplett** from Coloplast

Northwest Group

Monthly: Third Wednesday of the month
Date: **March 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: **Semi-Annual Swap Meet:** This is an opportunity to clear out your closets of unused or no longer needed ostomy product

J-Pouch Group

Monthly: Third Monday of the Month
Date: **March 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

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, U.S. 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.)

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

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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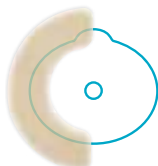
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

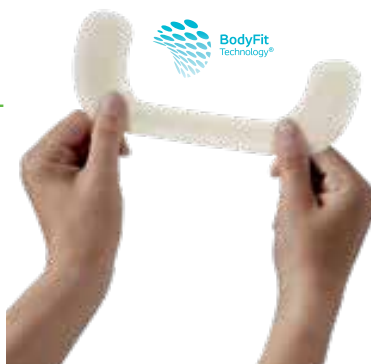


Brava Elastic Barrier Strip XL



Designed for extra security

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Supports an active lifestyle

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Newsletter Advertising: Please contact the President or Treasurer for advertising opportunities.

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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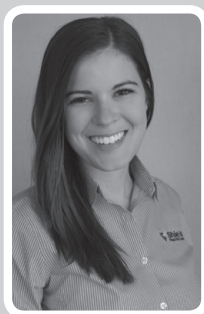
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