



Ostomy Association *of the* **Houston Area**

January 2008

PO Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

"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."

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

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Terry Marriott 713-668-8433
(tdmarriott@yahoo.com)

Meeting: January 21st, Monday evening

Program: Diet Specialist

Annette Bisanz, a Diet Specialist from M.D. Anderson Cancer Center will present our program.



**2008
HAS
ARRIVED!!**

Northwest Group

Monthly: Tuesday following the third Monday
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: Tony Romeo 281-537-0681 (sa1tmr@sbcglobal.net)

Meeting: January 22nd, Tuesday evening

Program: Round Table Discussion

Join us for a round table discussion of ostomy issues and plans for 2008.

Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Community Room in Lobby of San Jacinto Methodist Hospital, 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: January 28th, Monday evening

Program: Hearing Loss & Hearing Aids

This interesting program will be presented by Kathy DiGiovanni, Doctor of Audiology.

J-Pouch Group

Monthly: Third Monday
Time: 7:30 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220

Meeting: January 21st, Monday evening . . .

Reservation required. No obligation. Please call 281-491-8220 for reservation.

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

Patient Visiting and Support Services

Doctors and ET Nurses please note: Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice.

Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

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.

Central Group News

We had 29 in actual attendance at the December 4th Christmas dinner at the Pine Forest Country Club. We were sorry that Dorothy and Tom Andrews, our Pine Forest Country Club hosts, could not attend the dinner due to Dorothy's impending joint replacement surgery. There were actually 31 dinners served however, since Gen & Carl Stephens took take-out dinners prepared by the Country Club to their friends Jane & Fred Price of the Northwest Satellite Group who were unable to attend. After the dinner we had a drawing for door prizes which were ceramic Christmas angels and ornaments made by Barbara Bouse our Treasurers' wife. Thank you Barbara, they were and are beautiful.

The malicious destruction of our website www.ostomyhouston.org during the first 2 weeks of November has mostly been corrected, but there are still some obvious problems that our webmaster, Juan Guerra, is working on. Juan was slowed in his work on the website, because he had to go to the hospital for a short time while passing a kidney stone and recovering from that ordeal. If you use a PC (as opposed to a Mac which may not be affected) computer, it would probably still be wise to make sure your virus scanning and spyware detecting software is currently updated since it is definitely prudent to be cautious while working on anything on the internet.

Make note of the change in the meeting place for our Baytown Satellite Group. Beginning in January they will meet in the Community Room located in the lobby of San Jacinto Methodist Hospital, 4401 Garth Road, Baytown, Texas.

Our January 21, 2008 Central Group program will be presented by Annette Bisanz, a Diet Specialist from the University of Texas M. D. Anderson Cancer Center. You can observe some of the topics that she may be discussing at the website: www.mdanderson.org/topics/food/

**Terry
Marriott**

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives, not looking for flaws, but for potential."

- Ellen Goodman

The United Ostomy Associations of America (UOAA) can be contacted at
www.uoaa.org

FRESH START FOR THE NEW YEAR

- ☺ Call your two favorite people and tell them how wonderful they are. It will make them feel wonderful—and the feeling is catching.
- ☺ Look ahead, and start planning your summer vacation. Travel brochures are marvelous cures for the midwinter blues.
- ☺ Smile at someone you love.
- ☺ Attend your favorite religious service and sing all the hymns.
- ☺ Bury the hatchet—make up with an old friend with whom you have had a falling out.
- ☺ Go on a sensible diet, and stick to it.
- ☺ Update your address book. Get one with removable innards so you can make future changes easily.
- ☺ Do something nice for someone every day.
- ☺ Give your body a fresh start. Begin each day with a good stretching exercise.
- ☺ Rearrange the furniture.
- ☺ Acquire a pet. Even fish can be a companion to some people.
- ☺ Break the old routine, if only for one day a week... have a hamburger for breakfast, bacon and eggs at night. Shop in a different neighborhood, tune the car radio to a different station...anything that will give the day a fresh perspective.
- ☺ Get rid of one nagging "meant to" per week for as many weeks as you have nagging "meant tos."
- ☺ Visit your oldest relative. ♦

A NEW YEAR PRAYER

Let me be a little kinder,
Let me be a little blinder
To the faults of those about me,
Let me praise a little more.
Let me be, when I am weary,
Just a little bit more cheery,
Let me serve a little better
Those that I am striving for.

Let me be a little braver;
When temptation bids me waver
Let me strive a little harder
To be all that I should be.
Let me be a little meeker
With my brother who is weaker;
Let me think more of my neighbor
And a little less of me.

- Edgar A. Guest

***"A little nonsense now
and then is relished by
the wisest men."***

- Anonymous

OPPORTUNITIES & ANNOUNCEMENTS...

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 and sent to: **Ostomy Association of the Houston Area**
Attn: Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Memorial Fund: Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**
Attn: Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

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

Donation of Supplies: We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Kathleen Griswold at 303-921-9892 with any questions.

Consultation with ET: Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

Sponsorship: You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to: **Ostomy Association of the Houston Area**
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

Moving??: Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Chuck Bouse, Treasurer, at 281-495-1840 (cbouse@comcast.net) or send your request to the Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.

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

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

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www.uoaa.org

CANNIBAL—Someone who is fed up with people.

CHICKENS—The only animals you eat before they are born and after they are dead.

COMMITTEE—A body that keeps minutes and wastes hours.

DUST—Mud with the juice squeezed out.

EGOTIST—Someone who is usually me-deep in conversation.

INFLATION—Cutting money in half without damaging the paper.

MOSQUITO—An insect that makes you like flies better.

SECRET—Something you tell to one person at a time.

TOOTHACHE—The pain that drives you to extraction.

YAWN—An honest opinion openly expressed.

WRINKLES—Something other people have.....I have character lines. ♦



SOMETHING FOR EVERYONE . . . HELPFUL HINTS

For colostomates . . .

Way back before your surgery, did you go to the bathroom after a cup of hot coffee? Cold juice? A bourbon or beer? Milk? Well, whatever made you feel the need to go to the bathroom then can make you feel the need to go now. Check it out. For those who irrigate, see if your irrigation can be helped by some of the things you used to do. Of course, if you have been a colostomate for several years, your previous habits may not be the same ones you have now. But your body can be trained as it was before, and you can adapt yourself to certain habits which will help you to be in control.

For ileostomates . . .

Leave a little air in your appliance after emptying it. You may have a tendency to flatten the appliance as much as possible so it won't show under clothing, but there is always moisture in the pouch. Flattening it too much makes the walls of the pouch stick, leaving no room for the discharge to slip down. If discharge collects around the wafer, the pressure of the clothing will eventually cause it to break the seal and leak out. By just a little air, we mean just that. The pouch doesn't have to swell like a balloon but hold just a soft cushion of air to keep the walls free at all times. Allow a little air to enter by pulling the pouch apart before attaching the tail closure.

For urostomates . . .

Empty the urostomy pouch before it passes the half-full level. If the bag becomes too full, there is a chance of urine backup, risking kidney infection. Also a greater chance for a "spill."

When you hook up at night, leave enough urine in the pouch to fill the entire night-drain tube, eliminating air bubbles which prevent an even flow and can cause backup problems.

For every ostomate . . .

It is not necessary to use sterile supplies. Washcloths and cotton balls can substitute for gauze pads. The stoma and surrounding skin are not sterile and require only the same degree of cleanliness as the rest of the exterior body.

For every human being . . .

Drink at least two quarts of water or juices daily to maintain good health; flushing kidneys, preventing dehydration, providing fluid to all parts of the body. ♦

THE MONTH AFTER CHRISTMAS

'Twas the month after Christmas, and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste
At the holiday parties had gone to my waist —
When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvelous meat I'd prepared;
The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "no thank you, please."
As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt —
I said to myself, as I only can,
"You can't spend all winter disguised as a man!"
Get rid of the fruit cake, every cracker and chip;
Every bit of food that I like must be banished
"Til all the additional ounces have vanished.
I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore —
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet. ♦



YOU HAVE ADJUSTED TO YOUR OSTOMY WHEN . . .

- You stop spending all of your spare time in the bathroom waiting for your stoma to work so you can empty the pouch right away.
- You can move about freely, without holding your appliance as though it might fall off any minute.
- You make that first trip to the mailbox without taking along your ostomy supplies.
- You stop grabbing your abdomen when the grocery clerk asks if you need help to the car with your bag.
- You go out for the evening and realize too late that you left your emergency kit at home.
- You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.
- You attend the monthly support group meetings with an expectation of learning more about your ostomy rather than staying at home worrying about it all. ♦

Ostomy Prayer

Now I lay me down to sleep,
I pray the Lord my flange won't leak.
If I have gas before I wake,
I pray the Lord my bag won't break!!

"Don't always believe what you think."

BAYTOWN SUPPORT GROUP

Big news for the New Year... We moved! In January, our group will begin meeting in a new location. Because of renovations to the Cancer Center, we relocated just up the road! Our group is now meeting inside the recently remodeled lobby of the San Jacinto Methodist Hospital in the Community Room. Signage will be provided with our first meeting to help everyone get their bearings.

Our last meeting of 2007 was an awesome send off! We were fortunate to have Dottie Cook, MS, RD, LD from San Jacinto Methodist Hospital present "51 Healthy Foods You Can Say Yes To". Dottie's presentation made the group think about foods we have not tried and some foods that we could replace with a healthier choice. The games and prizes that Dottie brought got everyone involved in and provided an opportunity for us to put our thinking caps on. Thank you Dottie for reminding us that we have a bountiful selection of healthy foods from which to choose every day!

We hope you will plan to join us in our new location—same time: 4th Monday at 7:00 pm. Hope to see you there!

Cindy Barefield, RN, WOEN
281-420-8671

ATTITUDE

It is your best friend or your worst enemy. It is the speaker of your present and the prophet of your future.

IN THE NEW YEAR TO COME

May your hair, your teeth, your face-lift, your abs, your stocks not fall. May you get a clean bill of health from your dentist, your cardiologist, your gastroenterologist, your urologist, your proctologist, your podiatrist, your psychiatrist, your plumber, and the IRS. May you find a way to travel from anywhere to anywhere in the rush hour in less than an hour, and when you get there, may you find a parking space. May what you see in the mirror delight you, and what others see in you delight them. May telemarketers wait to make their sales until you finish dinner. May your checkbook and your budget balance and may they include generous amounts for charity. May you remember to say "I love you" at least once a day to your spouse, your child, and your parents. May we live as intended, with an awareness of the beauty in every sunset, every flower's unfolding petals, every baby's smile, every wonderful astonishing, miraculous beat of our hearts.

Have a Happy New Year!!!

NORTHWEST GROUP HAPPENINGS

Hope everyone has had a wonderful Christmas and safe New Years Day. Our January meeting will be on the 22nd when we will have a Round Table Discussion and make plans for the meetings in 2008.

Hope to see you at the meeting on the 22nd!!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

A New Year... to Exercise

December 2007 UOAA UPDATE

Was exercise at the top of your 2007 New Year's Resolution List, only to be replaced with a set of excuses a week later? Well, let's see what those excuses may be:

- ☒ **I DON'T HAVE TIME:** One less cup of coffee in the morning and a few more minutes in your busy day taken from other less beneficial activities will add up! Say to yourself, "I'm worth 30 minutes a day!"
- ☒ **BORING, BORING:** Exercise is not a dirty word or a second job without pay! Find something you enjoy and you just might stay with it.
- ☒ **TOO TIRED:** Studies have proven that exercise revs up the bloodstream which produces energy. A brisk walk in the cool of the evening will relax and revive you—it may even add to romance!
- ☒ **TOO OLD:** Oh, Please!! Have you seen Sophia Loren lately? She may have been born beautiful but staying there is no gift. But don't have unrealistic expectations, just go at your own pace. You just might inspire some youth in your life to want to find out how you do it.
- ☒ **NOT ENOUGH SPACE:** All you need is enough room to lie down—but avoid drafts which may cause muscle cramps. Or better yet, go walking outdoors. That will use all your muscles and you get fresh air to boot!
- ☒ **TOO EXPENSIVE:** You don't need fashionable regalia and the high-priced equipment. If you plan on walking, a good, but not necessarily really expensive, pair of shoes is all that is required.
- ☒ **TOO PAINFUL:** No pain/No gain does not apply here. You don't have to agonize to exercise. Take care of your body and it will reward you in return.
- ☒ **BUT I HAVE AN OSTOMY:** Physical therapists tell us that you can do anything if your incision is healed. Rough contact sports are the exception. Your pouch will not fall off and the other muscles in your body don't care how you eliminate!! They need attention, too!

Try it!! Take a new ostomate (or an "old" one) for a walk, take time to converse and enjoy. You survived your ostomy surgery—you are alive—take the chance to live your new life in the new year!!! ♦

**A sunrise is God's way of
saying lighten up.**



2007 Christmas Dinner Party





NUTRITION

FREQUENTLY ASKED QUESTIONS

Excerpt from *Diet & Nutrition Guide*, UOA 2002

Question: How soon after ostomy surgery can I return to a normal diet?

Answer: Physicians and ostomy nurses suggest that you begin slowly, depending upon your recovery and/or other medical complications. Add back one new food at a time. If you experience any problems, discontinue for a few weeks and try again.

Question: In the past, certain foods caused me some trouble with digestion. How will they affect me since my ostomy surgery?

Answer: Check them out. You may find that some of those foods will continue to be troublesome and others may not.

Question: Will my Ileostomy continue to produce output even if I do not eat?

Answer: Yes, the small intestine will continue to produce gas and digestive juices. An empty digestive tract seems to produce excessive gas. Eat small meals to keep something in the gut. Peristalsis (involuntary contractions in the intestine forcing contents outward) happens!

Question: After ostomy surgery, I have gained excess weight. What happened? What types of food should I eat?

Answer: The relaxation of dietary restrictions, freedom from debilitating illness and malabsorption promotes a rapid gain in weight. Follow the same weight reduction diet as recommended by nutritionists and dieticians. Eating small quantities of a well-balanced diet and increasing water/fluid intake will assist with weight reduction.

Question: What is meant by "low residue" diet?

Answer: Low-residue refers to a dietary regime which eliminates bulk-forming, hard-to-digest or high-fiber foods.

Question: Will spicy foods cause any damage to my stoma?

Answer: If you can tolerate spicy foods through your digestive system, the output through your stoma should not cause any harm. The stoma is formed from the lining of the bowel and it is tough and can tolerate those spicy foods.

Question: What effects will oral odor control medications have on my ostomy?

Answer: Some individuals who have a colostomy report that they experienced some constipation from bismuth products found in oral odor control medications. Individuals who have an Ileostomy have more benefits and fewer side effects from oral preparations (chlorophyll tablets, bismuth subgallate and bismuth subcarbonate). Most foods do not affect an individual with a Urostomy. A strong urine odor may be an indication of dehydration and the need for increased fluid intake. Check with your doctor or ET nurse about oral preparations and don't exceed the recommended dosage. ♦

OSTOMY FOOD REFERENCE CHART

For individuals who have had ostomy surgery, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel.

Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts.

<u>Gas Producing</u>	<u>Odor Producing</u>	<u>Increased Stools</u>	<u>Stoma Obstructive</u>	<u>Color Changes</u>	<u>Odor Control</u>	<u>Constipation Relief</u>	<u>Diarrhea Control</u>
Alcoholic bev.	Asparagus	Alcoholic bev.	Apple peels	Asparagus	Buttermilk	Coffee, wm/hot	Applesauce
Beans	Baked beans	Whole grains	Cabbage, raw	Beets	Cranberry juice	Cooked fruits	Bananas
Soy	Broccoli	Bran cereals	Celery	Food colors	Orange juice	Cooked veg.	Boiled rice
Cabbage	Cabbage	Cooked Cabbage	Chinese veg.	Iron pills	Parsley	Fresh fruits	Peanut butter
Carbonated bev.	Cod liver oil	Fresh fruits	Corn, whole kernel	Licorice	Tomato juice	Fruit juices	Pectin supp.
Cauliflower	Eggs	Greens, leafy	Coconuts	Red Jello	Yogurt	Water	(fiber)
Cucumbers	Fish	Milk	Dried fruit	Strawberries		Any warm or	Tapioca
Dairy products	Garlic	Prunes	Mushrooms	Tomato sauces		hot beverage	Toast
Chewing gum	Onions	Raisins	Nuts				
Milk	Peanut butter	Raw vegetables	Oranges				
Nuts	Some vitamins	Spices	Pineapple				
Onions	Strong cheese		Popcorn				
Radishes			Seeds				

