



Ostomy Association of the Houston Area

"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

Resolutions for the Ostomate

By Patti Suler

The New Year's Resolution is founded in the belief that there is always room for improvement. Losing weight, eating better, exercising more and assorted character improvements are the mainstay of our commitments. We have all made them and failed at them. Often times the resolutions are ill defined, too numerous to manage or unattainable and lead up to certain failure.

Every New Year carries with it some very powerful timing. It offers us the opportunity to start fresh and do it at the beginning of a new year. You can utilize this timing to work in your favor.



First, select something obtainable or desirable; then define it. Simply wanting to lose weight is undefined. A more clarified statement could be to develop improved life habits encompassing better eating habits, more physical activity and positive choices which will result in weight loss and a better quality of life.

Select specific target activities, do something more each weekend, eat less junk food, weigh weekly and record the results. Attaching defined measures and goals will ensure your resolution success. Allow for slips but plan to start again. Define your victory, know when you have met your goal and plan to celebrate the win.

Ostomates have a special area of resolution material. Consider these possibilities:

- Improve pouching techniques and wear time. Stuck in the same old groove, settling for less wear duration? Consider investing some time in seeing your WOCN to have your pouching techniques checked. Explore new products or methods to improve wear time and decrease change time. No WOCN? See our list in the newsletter.
- Make routine changes. Ostomates are the world's worst at creating routines that never vary. Try something new, do something you haven't done before. Get out, go some where. Buy a ticket to a concert, go to the zoo, go kayaking, walk the jogging trails or just go to the park. Repeat often.

- Make every meeting. This is much harder than it sounds. Going to meetings is not just for you but for the others there that may just need to know that someone cares. Commit to making every meeting for the entire year. You will be surprised at what you learn and share.
- Volunteer your time. The ostomy association is always looking for a few good mates, however, volunteering opportunities are not just with us. Consider volunteering your time with friends, neighbors, church or other organized non-profit groups. There are hundreds of opportunities in the greater Houston area. Eight hours of your time could change a life.
- Overcome a fear. Next to unyielding routines, ostomates are crazy about creating personal boundaries that are self limiting as a result of having listened to all types of can-nots in the media, on-line or via other mates. Horse apples! You know

(Continued on page 3)

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.

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Central Group News

The Holiday Party was a chance to meet members from other groups and to catch up with spouses and friends that we don't see as often. For me, it was good to put some faces with names. Thanks to those who contributed to door prizes, Ron Cerreta, Anne Swanson, and Denise Parsons on behalf of Clarice Kennedy. Once again, the food was great. Thank you, Dorothy and Tom Andrews, for hosting the dinner with Pine Forest Country Club. Please check out the photos.

Here is summary of the Central Group's programs and OAHA activities for 2011.

January	Roundtable
February	Wei-Ping Kuo, L.AC, MSOM, who is a professional licensed acupuncturist and herbal specialist in Texas and holds the degree of Master of Science in Oriental Medicine. We also had our biannual Visitor Training.
March	55th Anniversary Reception for the Ostomy Association of the Houston Area with Patti Suler as our featured speaker
April	Kenneth Lambert, Funeral Negotiator
May	Colleen Reeves, WOCN at MD Anderson CCFA Take Steps Walk-a-Thon that several members participated in.
June	Roundtable New board members were elected and Officers chosen for the coming year.
July	Caleb Alford speaking about his experience at the Youth Rally
August	Arlene Ehlers, RN, ET (Retired) speaking of her experiences as an ET.
September	Lorette Bauarschi, Attorney at Law Board Certified in Estate Planning and Probate Law by the Texas Board of Legal Specialization
October	Nick Sprague from Coloplast
November	Roundtable

We are working on programs for 2012. We welcome any suggestions for programs or speakers, so let us know if there is a topic that would be interesting for the group.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

A few northwest members attended the Holiday Party and had a great time. No formal meeting was held for December.

Northwest Group is pleased to welcome our new Group Coordinator—Craig Cooper.

The January meeting will be a roundtable discussion which will include program planning for the remainder of the year. Interested in a particular topic or speaker? Join us to share your input.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Baytown Group News

Baytown group met December 5th to finish out 2011. Members reminisced over the year's topics and planned for the upcoming year. The group had decided some time ago to schedule Roundtable every other month to allow participants an opportunity to network with each other, welcome new members and discuss any concerns they might have.

Roundtable was the focus in January, March, August, October and December. Other presentations during the year included:

- Promoting Healthy Ostomy Output—Dietitian (M. Potter)
- Having Fun with Fitness—Exercise Physiologist (L. Weldon)
- Maintaining a Healthy Stoma & Avoiding Hernias—Boutros Kahla, MD
- New Options for Home Medical Equipment—Walgreens Home Care (L. Crater)
- Focus on Micro Skin Pouches—Cymed (N. Gritzai)
- Medical Supplies: Making the Most of Your Resources—Baytown Medical Equipment (A. Langley)
- Product Innovations & Updates—ConvaTec (P. Bursleson)

Group survey revealed a desire to continue with presentations that focus on Ostomy topics. Ideas for the coming year include pain control options, clothing options for the new ostomates, presentation by a surgeon on techniques for creation of stoma and hernia repair as well as updates from ostomy vendors.

Group will continue to meet the 1st Monday of each month with only two exceptions for holidays during the year. January and September will require an alteration to the 1st Monday schedule. In January, the meeting was re-scheduled due to the New Year's Holiday. The group will meet on Monday the 16th.

Meeting begins at 6:00 p.m. in the Community Room which is located in the Lobby of the hospital. We hope you will join us.

Cindy Barefield, RN, WOCN
281-428-3033

Holiday Party 2011



Resolutions for the Ostomate *(continued from page 1)*

what your fear is. Airport security gates? Long road trips? Outdoor events (port-a-pottys)? Identify it and devise a plan to overcome it. Get other friends involved if you need support. Do it.

- Deal with the minor problem. Ostomates have a myriad of small issues such as gas, locating supplies, seatbelts. What to do? Usually we do nothing. Take a moment to identify your small problem areas then research solutions. Other ostomates or group members could be a resource. Once solutions are found, pick the one that works best for you and implement. Resolve small issues before they become bigger ones.
- Write it down and share. Found something on the list that merits your attention? Were you successful in accomplishing it? Write it down and let me know. I would love to share your victories with others. Become a torch for someone else struggling in the dark.

Whatever your choices, please use this once-a-year opportunity to make a difference or improvement in your own life. It will in turn provide improvement and illumination in others. Happy New Year!

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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How Does Fiber Affect Ileostomates?

By Kay L. Peck, MPH & Reg. Dietitian, Napa Valley, CA

Reprinted with permission from the *North San Diego County Ostomy News*, Sept. 2010

Whether or not to include fiber, and to what extent, should be based on the ileostomate's tolerance of foods. The intestine has a remarkable capacity to adapt. Matter/digested food in the small intestine is quite watery, and after it moves into the large intestine, a good portion of the water is reabsorbed into the body.

Most fiber is indigestible material (from plants) that acts like a sponge, soaking up water and increasing the bulk of the intestinal contents-making matter move through the system more quickly. In a person with a colon, fiber is essential to preventing constipation and keeping a person 'regular'. This is the main function of fiber.

Another theory about fiber is that it promotes mucosal growth, thus keeping intestines healthier, promoting gut function. Usually, a person without a colon (an ileostomates) doesn't have a problem with constipation, and may have mostly watery stools or diarrhea. Again over time, a person may adapt, especially if the last section of the small bowel (ileum) is still intact. So, consuming too much fiber or too much 'insoluble' fiber may aggravate a person's diarrhea or watery stools. If this is the case, limiting insoluble fiber (bran, popcorn hulls, seeds, nuts, skin/seeds/stringy membrane parts of the fruits and vegetables) may be helpful.

However, another type of fiber (soluble) may be beneficial to the ileostomates. The function of soluble fiber is to make intestinal contents "thicker" and can actually prevent diarrhea. This fiber is found in oatmeal, barley, dried beans, peas, and in the pulp of fruits and vegetables.

Most foods have a combination of both types of fiber, but the above examples show the differences.

Just as a side note. I worked with a lady years ago who had "short bowel syndrome", *i.e.* all of her colon and a significant part of the small bowel had been removed. She found that adding pectin (*e.g.* Certo—used to make jam and jelly) to her daily diet helped to minimize diarrhea. She added a little to some applesauce every day.

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

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.

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

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Denise Parsons 713-824-8841
rockynme2@aol.com
Meeting: **January 16, 2012**
Program: **Guest Speaker: Christy Bizzell, PT, CFMT**

Baytown Group

Monthly: First Monday (**Note: Meeting date moved due to New Year's Holiday.**)
Time: 6:00 p.m.
Place: Community Room in Lobby of San Jacinto Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **January 16, 2012**
Program: **Roundtable discussion and planning for 2012.**

Northwest Group

Monthly: Third Tuesday of the month
Time: 7:00 p.m.
Place: NW Medical Professional Bldg., (The Cali Bldg.)
17117 Cali Drive, Suite #112, 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 17, 2012**
Program: **Roundtable discussion and planning for 2012.**

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 16, 2012**

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

Opportunities and 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 to the ***Ostomy Association of the Houston Area*** and sent to the address shown at the right (in the box).

Use Those Shopping Cards

Kroger and Randalls 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/>

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 at the top right (in the box). When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address at the top right of this page.

Donation of Supplies

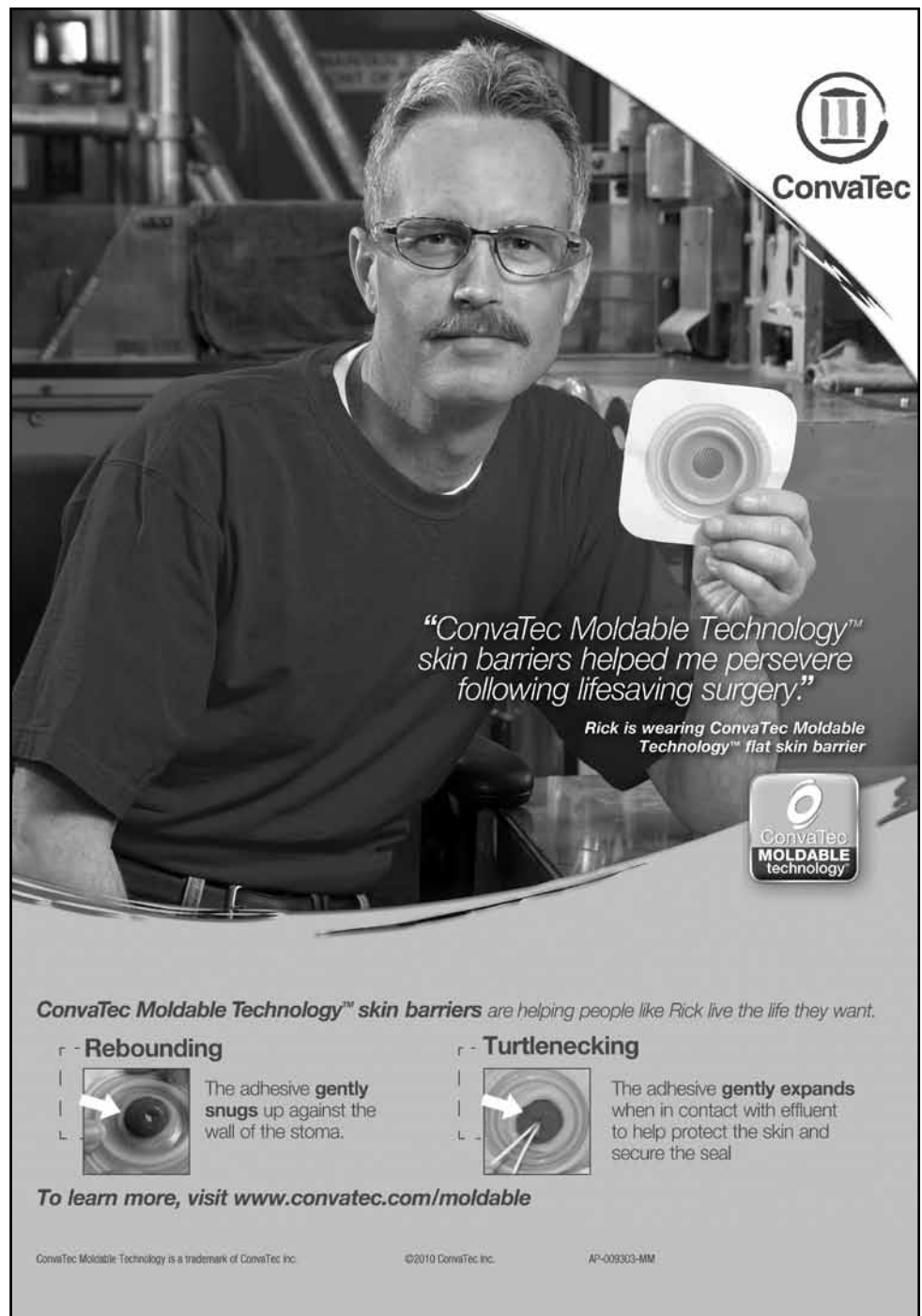
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the address at the top right.

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

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



ConvaTec

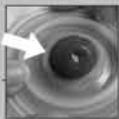
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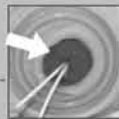
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Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

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

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: _____

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

☐ ET 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
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