



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

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
marriott@rice.edu
Meeting: February 15, 2010
Program: Report from UOAA Conference

Baytown Group

Monthly: First 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: Monday, February 1, 2010
Program: Roundtable 'Product Show and Tell'

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.

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
saltrmr@sbcglobal.net
Meeting: February 16, 2010
Program: Guest Speaker, Connie Paulino, Physical Therapist from Northwest Medical Center

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: Monday, February 15, 2010
Program: General Discussion



In This Issue

Group Meeting Dates/Times	1
Letter from the President/Group News.	2
Attending Group	3
Membership Dues	3
"Take Steps" Walk	3
Five Myths About Colon Cancer	3
Membership Information.	6
Contact Information	8

Central Group News

Unfortunately, our speaker for the January meeting, Patricia Carroll, was unable to attend due to illness. We hope to have her join us later this year. Instead, we had an impromptu roundtable session. Our more senior ostomates briefly shared their stories to start the discussion. Then, the newer ostomates told the group about their experiences and asked numerous questions. It turned out to be quite a lively discussion and was very informative for all of us. This type of sharing illustrates the importance of our support group. Although each of us has followed a different path to becoming an ostomate, we have so much in common and are uniquely qualified to help each other. We are so grateful that so many members and guests attended this meeting.

The UOAA National Conference will be our topic of discussion at the February meeting. Two of our members attended the conference and will be sharing their experiences.

Did you know that the Ostomy Association of the Houston Area started in 1956? We have evolved over the years, but have been a source of support for ostomates all this time. Please join us at our March meeting to celebrate our 54th anniversary. We will have a special presentation about our national organization, the UOAA, by Patti Suler, our newsletter editor.

The United Ostomy Association (UOA) closed up shop in 2005. Like the Phoenix, the UOAA rose from the ashes of the former UOA to form a more structured and dedicated association. This presentation will cover some of the well known and little known achievements.

Denise Parsons, First Vice President for Terry Marriott
Lorette Bauarschi and Patti Suler, Contributors

Northwest Group News

Ten attendees showed up to “ring in the new year” at the Northwest meeting. This group managed to tentatively layout the 2010 program which will include visits by a Colo-Rectal Surgeon, Urologist, Dietician, Pharmacist, Physical Therapist, WOC/ET panel and vendors as schedules permit. The regular Ice Cream Social and Picnic events will also be included. There was a lot of excitement about the possibility of having the stoma armor inventor joining us for a meeting. Amid the program planning, several sidebar discussions were held on: Upcoming Take Steps for Crohn's & Colitis walk in June, diet, exercise, long car trip tips, treatment vacations, blockages and informal referrals. Gay Nell provided refreshments and we all send our thoughts and prayers for Suzanne as she recovers from surgery.

Connie Paulino has been a Physical Therapist with Northwest Medical Center since 1991 and she will discuss exercise and ostomies in the February program.

Gay Nell Faltysek
 281-446-0444

Tony Romeo
 281-537-0681

Baytown Group News

Baytown Support Group started 2010 on a great note with 12 persons in attendance! We began our Roundtable with a discussion of the article on “51 Healthy Foods You Can Say Yes To.” Prizes were awarded to those folks who ate more of the healthy foods listed in the article. A copy of Rolf Benirschke's book *Embracing Life, Great Comebacks from Ostomy Surgery* or his first book *Alive & Kicking* was given to the top three contenders for most healthy foods consumed each day!

The group welcomed a new ostomate and his wife. The discussion included daily struggles and ongoing management with an ostomy. The group talked about bringing samples of items that they have used or are using to the next Roundtable meeting for show and tell. With so much interest generated, we will plan for a “product potpourri” of sorts for our next meeting which is February 1. Bring an ostomy item that you would like to share with the group. We look forward to seeing you there!

Cindy Barefield, RN, WOCN
 281-420-8671

Small Bowel Diversion Basics

There are three major types of small bowel diversions (when the entire colon is removed). The type selected is determined from several factors such as the patient's disease process, age, and general health.

Standard [Brooke] Ileostomy

The standard ileostomy is the more prevalent type of ileostomy surgeries. The stoma is usually placed in the right lower side and whenever possible, located on a flat surface. The fecal effluent output is not controlled and requires a collection pouch.

Continent Ileostomy (Abdominal Pouch)

A continent ileostomy is a surgical variation of the standard ileostomy. Patients do not need to wear an external pouch because a portion of the ileum is looped back on itself so that a reservoir is formed inside the abdomen. A nipple valve is constructed with part of the ileum. The ostomate inserts a catheter a few times each day to drain contents from the reservoir.

Ileoanal Reservoir (J-Pouch)

Other names for pelvic pouches include J-pouch and S-pouch depending on the surgical procedure. The sphincter muscle surrounding the anal opening must be intact to keep the pouch from leaking. The consistency of the output of the pelvic pouch depends on diet and may be aided by medications.

Attending Group

Re-printed from *In The Bag*, www.JuniorsCorner.com,
April 2007 Issue

It's raining, it's cold, traffic is bad, American Idol is on tonight...my mind clicked through the excuses my brain was tossing about as I drove home from work. I don't wanna go to group tonight.

Going through the proverbial tug of war, good and bad angels on my shoulders, I was sure if it didn't stop raining, I could stay home. It stopped raining. My butt must have weighed in at 300 lbs. as I drug it to the car. I don't wanna go.

I couldn't remember what our meeting topic was. The funny guy was last time. I struggled through traffic and mentally whined all the way, I don't wanna go. Why do I have to go?

Arrived safely to the parking lot, lots of gloomy skies overhead, but still no rain. I don't wanna go, but I can't leave now, I'm here. If I leave, someone will notice.

I get to the meeting room and sit down. I actually know the names of most of these people and vice versa. The speaker turns out to be a favorite vendor. What a deal. Do I hear freebies? As I sit through the presentation, I realize how comfortable I am with this group. Okay, we are not kissing cousins yet, but I no longer feel like an outsider.

I charge in with my questions and find out (quietly) that I was using something not quite the right way. Well, this little snippet of information has improved the quality of my life. I am so glad I came tonight!

Semi-Annual Dues

Membership dues are collected twice a year based on the initial enrollment month. Notices for the first group were sent out last month. Please consider renewing your membership. We all benefit from the Ostomy Association of the Houston Area in many forms: meetings, special events, visitor training and newsletters. If you have a little extra, consider making a donation to cover dues for someone else. If you would like to join and cannot find the funding, contact a board member to see if support is available. All membership grants are kept confidential.

CCFA "Take Steps" Fundraising Walk



Once again, the Ostomy Association of the Houston Area has entered a team in the **Crohn's and Colitis "Take Steps"** event. Last year, our team raised over \$2,000 even though we were a last-minute entry. To join us this year or donate, go to www.CCFA.org and click on the *Take Steps*

icon. This year's walk event will be **Saturday, June 12, 2010**, at Discovery Green. Team Captain Pat Thompson can be reached at 281-397-2799 for more information.

March is Colorectal Awareness Month!

Five Myths About Colon Cancer

From the American Cancer Society

Many times, colorectal cancer can be prevented. Still, it's one of the leading causes of cancer death in the United States.

Myth: Colorectal cancer is a man's disease.

Truth: Colorectal cancer is just as common among women as men.

Myth: Colorectal cancer cannot be prevented.

Truth: In many cases colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts. To help lower your chances of getting colorectal cancer:

- get to and stay at a healthy weight
- be physically active
- limit the amount of alcohol you drink
- eat a diet with a lot of fruits and vegetables, whole grains, and less red or processed meat

Myth: African Americans are not at risk for colorectal cancer.

Truth: African-American men and women are diagnosed with and die from colorectal cancer at higher rates than men and women of any other US. racial or ethnic group.

Myth: Age doesn't matter when it comes to getting colorectal cancer.

Truth: More than 90% of colorectal cancer cases are in people age 50 and older. For this reason, the American Cancer Society recommends you start getting tested for the disease at age 50. People who are at a higher risk for colorectal cancer—for example, those who have colon or rectal cancer in their families—may need to begin testing at a younger age. Talk to your doctor about when you should start getting tested.

Myth: It's better not to get tested for colorectal cancer because it's deadly anyway.

Truth: Colorectal cancer is often highly treatable. If it is found and treated early. Because many people are not getting tested, only about 4 out of 10 are diagnosed at this early stage when treatment is most likely to be successful.

For more information go to www.cancer.org/colon

UOAA News

UOAA Public Service Announcement



A public service announcement featuring the UOAA and Ostomies aired on CNBC, January 10, 2010, around 8:30 p.m., central time. This announcement features candid discussion points about ostomy surgery and addresses some common misconceptions. The new UOAA

President Kristin Knipp and Jan Colwell, WOCN Society President, are featured. If you missed seeing it, you can still view it from the UOAA web site at www.uoaa.org or directly on You Tube at <http://www.youtube.com/watch?v=mK-ft06aRUs>. This broadcast covered 300+ markets nationwide and was available to 90+ million households.

Living with an Ostomy—UOAA DVD Release

The UOAA has just released a video titled *Living with an Ostomy*. This short film features ostomates' personal stories from all walks of life. Key concerns for those who are considering surgery, just had surgery or who have had their ostomies for some time, are all addressed. The video lasts about 15 minutes and can be a great way to break the ice when telling others about your ostomy. *Living with an Ostomy* is available on DVD for loan from our local chapter, via online viewing or by request directly from the UOAA. Go to www.UOAA.org for more information.

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

Humorous Observations

From the Internet

Bad decisions make good stories.

There is great need for a sarcasm font.

How the heck are you supposed to fold a fitted sheet?

I totally take back all those times I didn't want to nap when I was younger.

Nothing is worse than that moment during an argument when you realize you're wrong.



Sharing and Caring Partners and Spouses

Via *UOAA UPDATE* 10/08

Many times the roles we had been accustomed to playing in our relationship are reversed or altered drastically when there is an illness—especially a lengthy illness. Sometimes people want to return to the previous roles and sometimes not. It can be a real opportunity for stretching and growing.

Sometimes the “patient” who was sick doesn't want to “burden” their partner with needs, feelings, concerns, even disagreements as the “patient” may feel so indebted already. Don't forget in relationships there is “you,” “me” and there is “we.” It has been explained by some relationship counselors that personality and autonomy are separate characteristics and yet at the same time cultivate the other special relationship of “we”—which is not instead of “me” or “you” but in addition to.

Realistic assessment of oneself is healthy, so is taking responsibility for your own feelings. Likewise, the partner has a responsibility to take care of herself or himself. This doesn't mean protecting the other out of worry or fear of upsetting them. There is also a responsibility to “we.”

Spouses/partners need support too. Sometimes they can be forgotten while everyone is attending to the “sick” one. The partner may be waiting for you to give the cues on how you wish to be treated. Others can “pick up” on your attitude and this may influence theirs. If you have a positive attitude it will be difficult for your partner to have a negative one.

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.

WOCN and ET Directory

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

Pat Thompson BSN, RN, CWOCN (281) 397-2799
Pat.thompson@tenethealth.com

Charlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

Catherine Walsh RN, BSN, CWOCN (409) 747-3070
cmwalsh@utmb.edu Fax: (409) 747-3038
UTMB @ Galveston

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 and sent to:

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

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. Send your check in the amount of \$25.00 to:

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

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



**To Learn More,
about our Ostomy Products,
click on this ad or call our
Customer Interaction Center**

1-800-422-8811

**Monday through Thursday, 8:30 a.m.—8:00 p.m. ET,
Friday, 8:00 a.m.—6:00 p.m. ET, and
Saturday, 10:00 a.m.—2:00 p.m. ET.**

WWW.CONVATEC.COM

®/™ Indicates trademarks of E.R. Squibb & Sons, L.L.C.

US-06-1101(4)

**SUR-FIT® NATURA® Drainable Pouches
Advanced Air Filter**



**Designed to
stay flat
so you can
stay active.**



®/™ Indicates trademarks of E.R. Squibb & Sons, L.L.C.

US-06-1101(2)

To learn more, click on this ad or call us at
1-800-422-8811
www.convatec.com

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

It's All Here!

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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

Annual subscriptions: \$25 (4 issues)

Send check or money order to:
The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.
Phone/Fax: 949-600-7296.

Money Back Guarantee!

Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

E-mail _____ \$ _____

UOAA Donation (optional) _____

0508 SG HLFAD

Introducing

STOMOCUR™

OSTOMY PRODUCTS

- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



FOR LIFE GmbH
Berlin, Germany

**For a Free Sample
or For More Information Contact
Clarice Kennedy, CET (713) 647-8029 or ckenedy1@peoplepc.com**

For Life GmbH • Tabbertstr. 12 • 12459 Berlin, Germany • <http://www.stomocur.com>
Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: FOR_LIFE_GmbH@t-online.de

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 _____

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

☐ ET Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.

**This space for rent,
your ad could be here!**

Osto-EZ-Vent™

• EASY TO VENT, OPEN • GIVES YOU CONTROL

Medicare
Reimbursement
Code A4366

"The Osto-EZ-Vent™ is the best product ever if you have to have an ileostomy or colostomy. My son loves the OEV™, he would not be without one. I would recommend these to everyone. Thanks for such a great product." **CAROL T.** via email

Where to Buy? Check out website for dealers, catalogs, online ordering, or call our toll free number to order direct by mail.



Enterprises, Inc.

For more information and a free sample
call 1-888-562-8802
Visit our website www.kemOnline.com



SPRING BRANCH MEDICAL SUPPLY

PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ▪ Wound Care
Oxygen & Respiratory Equipment ▪ Hospital Beds
Wheelchairs ▪ Bedside Commodes ▪ Walkers
Bathroom Aides ▪ Mastectomy Products
Compression Hosiery ▪ Orthopedic Supplies

8700 Long Point Road
Houston, TX 77055
(713) 465-2200
Fax (713) 461-5806

Ostomy Consultations with
Clarice E. Kennedy, CET
By appointment only
Call (713) 647-8029

Medic Pharmacy

Ostomy Products
Medical Equipment and Supplies

4040 S. Braeswood, Houston, TX 77025

(next door to "3 Brothers Bakery")

Centrally Located

With Free Front Door Parking



713-666-6353

FAX: 713-666-2831

9 AM to 5:30 PM M-F; Sat. 1 PM to 3 PM



Newsletter Advertising: Please contact the newsletter editor for sponsorship and advertising opportunities.

Lock 'n Roll

Closure System

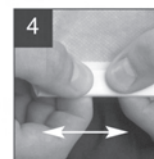
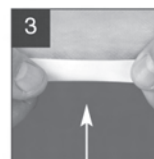
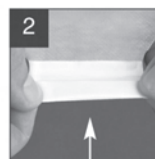
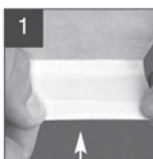
Available on Premier One-Piece and
New Image Two-Piece Pouching Systems

No Tabs. No Velcro. No Tricky Folds.

The most secure, comfortable and easy-to-use closure system.

We listened to you and set a new standard for security on our complete line of Premier One-Piece and New Image Two-Piece drainable pouches. Lock 'n Roll is easy to close, easy to empty and easy to clean. Live it up with Lock 'n Roll!

Feel the Seal



State-of-the-art plastic fasteners lock in place. Simply roll it three times in the same direction, press from the middle out and **Feel the Seal**.



Hollister Incorporated
2000 Hollister Drive
Libertyville, Illinois 60048
1.800.323.4060
www.hollister.com

Hollister and logo, Premier, New Image, Lock 'n Roll and Feel the Seal are trademarks of Hollister Incorporated, Libertyville, Illinois USA. Velcro is a trademark of Velcro Industries B.V.
© 2005 Hollister Incorporated.

