



March 2015

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

The Importance of Education

by Lisa Gausman, edited by Patti Suler

I have had 15 abdominal surgeries and hospitalizations with stays ranging from a few days to one as long as 11 months. I was finally diagnosed with Crohn's Disease after several misdiagnoses. I felt emotionally and physically ripped apart. I started off with a temporary colostomy, then a temporary ileostomy, then a permanent colostomy resulting in a fairly good run of five years where I was able to return to the workforce.

One day without warning, I was taken from work to the hospital because three fistulas broke through my abdominal wall. When Doctors were unable to repair the damage, I was admitted to the ICU and my husband and parents were called in to potentially say their goodbyes. 11 months hospitalization with three geyser-like fistulas, a stoma from my old colostomy site and a newly functioning ileostomy. The reparative surgery later left me with less than five feet of G.I. tract total, resulting in short-gut syndrome and a jejunostomy.

People knew my Crohn's Disease was in remission and assumed I should be "normal," healthy and happy. To the contrary, the emotional isolation was enormous, my body-image was shattered, I was no longer able to work as my bathroom frequency ranged between 25-40 times daily. My perception of how my husband could possibly see me as he did before was a hurdle too high for me to get over.

I was also told that motherhood was not possible because of extensive scar damage done to my reproductive organs from the numerous perforations, blockages and surgeries.

What is a Jejunostomy?

In my case, a jejunostomy is another TYPE of ostomy. There are colostomy, ileostomy, jejunostomy and urostomy. So it is just the stoma placement. My stoma is formed from the jejunum not the colon or ileum. So it is not a feeding tube spot, it is an ostomy type, jejunostomates are always short-gut also known as Short bowel syndrome (SBS). —Lisa

Still, in the year 2000, my husband and I decided to try to have a baby. We signed up at the In Vitro Fertilization clinic. I was such a high-risk that I was required to have a Doctor's approval for pregnancy care. My husband and I tried seven offices and no one would take me on. I went in tears to my surgeon who had first diagnosed me and he signed off.

I began taking my IVF medications and soon came to the realization that my short-gut was hindering my ability to absorb them. The Doctor tripled the dosage and we began again. I produced viable embryos and two were implanted resulting in pregnancy. My pregnancy was filled with complications. One morning at 7 months, I awoke 20 pounds heavier than when I had gone to sleep—hypertension had set in and the baby needed to come out. Thus on a quiet Sunday morning, my son was born 8 weeks early, weighing 3 pounds, perfect, and to my surgeon's dismay is not named after him!

Throughout my many surgeries and long-term hospitalizations, I struggled with drug dependency (addiction). I had always been on pain killers of some sort as well and struggling with depression.

(Continued on page 4)

Patient Visiting and Support Services

Doctors and WOC 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, Marian Newman at 713-392-5768.

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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 15 members attending and two visitors at our February meeting. Our speaker was Kerrienne Pelzl with Convatec. She brought the one piece Moldable, the Accordion Flange, and the latest urostomy pouch with the Moldable technology. We also got to view and examine some Ostomy Secrets products. Kerrienne gave away a couple of the Ostomy Secrets wraps and had coupons toward the products. She had samples of the Diamonds gel forming deodorant packets and adhesive remover. Meeting with the representatives of the products we use is a great way to find out what is new and to give them feedback. The manufacturers welcome suggestions and complaints which may improve their products so this is our opportunity to be heard.

Coming in May, we will field a team in the Crohns and Colitis Take Steps walk. Contact Patti Suler or Paul Batchelder to join the team. Of course, donations are welcome, too.

We are looking for a newsletter Editor. Email and web access along with an eye for articles of interest to our members is all that is needed.

October 3 is World Ostomy Awareness Day. What should the organization do for this day? Please contact me with your ideas.

The Ostomy Association of the Houston Area (OAHA) has been in existence for 59 years. That is an enormous achievement for any group, but for an all-volunteer group with a hushed up subject like ours, it is amazing. Fifty-nine years ago there was no internet so the main means of finding information about this surgery was your doctor or the library. As wonderful as many of our doctors are, they don't have a clue as to how to manage an ostomy day to day. Libraries are wonderful, too, but for very specialized knowledge, difficult to manage. So, one on one, ostomates in Houston found one another. About this time, a new nursing specialization was created for ostomies and wound care, Enterstomal therapists and later Wound Ostomy Continence certified nurses. For many, these nurses made the difference between living normally and not venturing out of the house. The Ostomy Association of the Houston Area has had the support of many ETs and WOC nurses over the years. We are grateful to them. However, for many of us, meeting and talking with someone with the same surgery is invaluable. What we may have thought was just our problem is also someone else's and, whoopee, they know how to solve it. When we might have been apprehensive about traveling with our ostomy, it is a relief to find that others have traveled the world and adventured in many ways. Please join us in celebrating 59 years of the Ostomy Association in

Houston next month. One of our past presidents, Terry Marriot, will give a presentation that tells about what the organization does, how it is set up, and a little of the history. Next year, we will have our 60th Anniversary. We are looking for volunteers to help make that celebration a great one. Please contact me if you would like to help.

Regards,

Denise Parsons

President, OAHA, 713-824-8841

Baytown Group News

"Ostomy Pouches & Wafers: Making the Most of Features Available to You!" was the topic of discussion for support group meeting in February. Using a show-n-tell approach, the group was able to see and compare features of pouching systems from various companies with Cindy Barefield, RN, CWOCN as facilitator. Advantages and disadvantages for items such as drainable and non-drainable pouches were presented. Considerations for the use of high volume pouches and one piece versus two piece systems helped some members see when specific options would be most helpful. Wafers are available in cut-to-fit, moldable and convex varieties. An epiphany for the evening came from one gentleman who realized that although he is satisfied with his current pouching system; comparing these products is a great way to stay updated on what is available should you need to make a change in the future!

March 2 is our next scheduled meeting. We will have Tabatha Schroeder, RN, BSN, CWOCN, with Coloplast join us. Hope to see you as well.

Take care of you and yours,

Cindy Barefield, RN, CWOCN

281-428-3033

CROHN'S AND COLITIS TAKE STEPS WALK

Saturday, May 2, 2015

To walk with us or donate
<http://online.ccfa.org/goto/OAHA2>

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



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

Osto Group www.ostogroup.org

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Northwest Group News

Coloplast representative Tabatha Schroeder provided updates on how the new Mio was doing and advised they are planning to expand the successful line with a convex version. She shared samples of the accessories and demonstrated how they felt on the skin. We also got a look at the new filter system. This one is supposed to be tops.

Changes, Changes, Changes

The next Northwest group meeting will be at the old location on a new day. **Mark your calendars for Wednesday, March 18, 2015, 7:00 pm, at the original Cali Professional Building complex.** March's program will be comprised of an 'Ask The WOC Nurse' round table. This is a great opportunity to get information.

Tony Romeo
936-588-4031

Local OAHA Upcoming Elections

Ron Cerreta, Mary Harle, June Huber, and Patti Suler have been nominated to serve on the Board of Directors. Nominee(s) will be voted on at the May OAHA meetings.

Do you have a way with words? Editing Help Needed

Please consider volunteering to serve as editor for this monthly newsletter. The job involves collecting meeting information from the groups (by email), providing articles (original or from archived newsletters), and sending information on to the graphic designer. No design work is involved for the editor. If you would like to know more, please contact Patti Suler at 281-352-2566 or pattiksuler@aol.

WOC Nurse Directory

Cindy Barefield, RN, CWOCN Houston Methodist San Jacinto Hospital cbarefield@houstonmethodist.org	(281) 428-3033
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Pat Thompson RN, BSN, CWON Pat.thompson@tenethealth.com	(281) 397-2799

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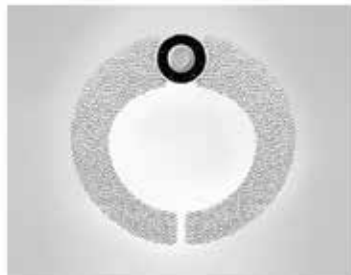
For free samples call 1-877-858-2656 or visit us online at www.sensuramio.us

New features:

Elastic barrier to fit real body shapes.



Full-circle filter to reduce ballooning for comfort.



Neutral gray textile for discretion.



Visitor Training

Twelve gathered to enjoy the visitor training this past Saturday (02/21/15). Held at the Northwest Group facility, the training was fun. Blending new and old, the information was smoothly offered and digested. The free lunch was good too. Please note, even if you are not current in your visitor status or you see someone outside our established referral process—please let Marian or Carol know. Keeping tabs on who we help allows us to improve on how we help others.



Visitor Training Attendees



June H.



Carol J.



Al R.



Billy L.

Ed W.
and
Ephron C.



The Importance of Education

(Continued from page 1)

Finally I hit rock bottom with an overdose. I spent 4 days in an addiction boot camp at the Peter Lougheed Centre (one of five Calgary hospitals) and came out clean. I had spent so many years, just managing my disease and my ostomy and never accepting it and certainly never talking about it, that I was buried under the stigma which I self-inflicted.

I came alive in so many ways. I got clean, I had a renewed clarity and I had purpose. Now nobody can get me to shut up about all of this. My motto has become: Ignorance comes from the lack of knowledge therefore we must spread the knowledge.

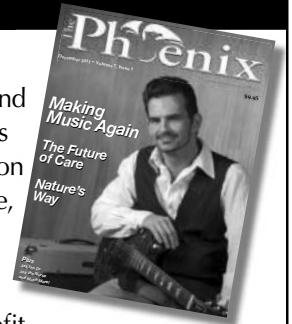
Titles and Positions

Lisa Gausman, Vice President Calgary Ostomy Society, Vice President NCACOA, Senior Editor *Ostomy Canada* magazine, Editor *Changing Times*

Excerpts of Lisa's story are reprinted with permission from Ostomy Canada magazine.

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11/11 SG HLFAC

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: **March 16, 2015**
Program: **Roundtable**

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist
 San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **March 2, 2015**
Program: **Guest Speaker: Tabatha Schroeder, RN, BSN,**
CWOCN, with Coloplast

Northwest Group

Monthly: Third Tuesday of the month
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 936-588-4031
 sal1mr@sbcglobal.net
Meeting: **WEDNESDAY, March 18, 2015**
Program: "Ask The WOC Nurse" Roundtable

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220
Meeting: **March 16, 2015**

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 Treasurer at the address shown below.

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?

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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com or send your request to the provided address below.

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

Ostomy Association of the Houston Area
 Attn: Ron Cerreta, 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.)

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/>

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 treasurer's address above.

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.

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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

☐ 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.

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*



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