



April 2011

# 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](http://www.ostomyhouston.org)

## Managing Your Colostomy

*via North Central OK Ostomy Outlook, edited by B. Brewer, UOAA 1/2011*

The type of output produced by a colostomy varies according to the site at which the colostomy was constructed. Since the colon absorbs water from the bowel contents, the more colon left intact during surgery, the more solid and predictable the discharge is likely to be.

An **ascending colostomy** is likely to produce frequent, soft stools with unpredictable timing.

A **transverse colostomy** usually produces soft to pasty stools, still somewhat unpredictable but less frequent than the ascending.

A **descending or sigmoid colostomy** can be expected to produce one or more firm, well-formed stools a day on a fairly regular schedule.

With all types of colostomies, the use of a skin barrier around the stoma is recommended in order to protect the skin and provide a leak-proof seal with the pouch. Most often, an ascending or transverse colostomy requires a drainable pouch because frequent pouch emptying may be necessary. With a descending or sigmoid colostomy, a closed-end or drainable pouch can be worn since the stool is usually well formed. Colostomy irrigation is simply an enema through the stoma. Irrigation is optional for the person with a descending or sigmoid colostomy who wishes to empty the bowel at a certain time each day.

## New Board Member!

Please welcome our new Board Member **Suzanne Hill** from the Northwest Group. Ms. Hill was recently approved by the Board to replace Anne Mueller after her resignation. Ms. Hill will complete Ms. Mueller's term in office.

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.

## Katherine Jeter Rides for WOCN Education



Dear Contributor,

The Wound Ostomy and Continence Nurses (WOCN) Society is partnering with one of its founding members, Dr. Katherine Jeter, to raise \$200,000 in scholarship funds to support the continued education of

WOC nurses. Dr Jeter is 72 years old and, on March 4, 2010, she began her 3,100 mile journey, by bicycle, across the southern tier of the US. For more details: [www.wocnfoundation.org](http://www.wocnfoundation.org).

*Dave Rudzin, President UOAA*

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### 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.

## Central Group News

On Monday March 21st, the Ostomy Association of the Houston Area celebrated our 55th Anniversary with a 'Little Italy' buffet dinner with Italian cream cake for dessert catered by The French Corner. We had 34 at the meeting, several of whom were from the Northwest Satellite Group who were attending the Anniversary Celebration in place of their normal meeting. We also had two new prospective members attending, one of whom is scheduled to have colostomy surgery in April.

Our Newsletter Editor, Patti Suler, who belongs to the Northwest Satellite Group, gave a very interesting presentation on the various things we can do as volunteers and sent around a sign up sheet to have our members state what things they are already doing, and commit to volunteering in other ways. Some examples are doing the CCFA Take Steps walkathon in May to raise money for Crohn's and Colitis research, creating visitor packets for new attendees, signing up to bring refreshments to one of the meetings, helping distribute or organize the donated ostomy supplies we get, being a visitor trainee, helping with Newsletter archive indexing, being a telephone coordinator, and various other things that might be helpful to the group that you attend. Patti is the OAHA team captain for the CCFA Take Steps walkathon that will be taking place on Saturday May 14. Registration starts at 4:00 p.m.; there are eight in the team so far, but there were 11 that said they were going to sign up on the list that was passed around at the Anniversary meeting. The website where you can join the team or donate is: [www.ccfatakesteps.org](http://www.ccfatakesteps.org) (Select "Find a Walker" and then enter Patti Suler or Ostomy Association of the Houston Area.)

Our April meeting for the Central Group will be on Monday, April 18th and we will be having a presentation by Kenneth Lambert who is a Funeral Negotiator; he is somebody who makes sure that funeral homes don't take advantage of a family when they are very vulnerable after a death in their family.

Hope to see you all in April.

### Terry Marriott

President, Ostomy Association of the Houston Area

## Northwest Group News

A handful of Northwest regulars met with the Central Group in March to celebrate 55 years as an organization and enjoy a free Italian buffet meal.

The April program will be a reprise performance of the Volunteer Opportunities presentation by Patti Suler. Pizza contributions are being sought for this event.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

## Baytown Group News

Baytown Support Group had a good turnout in March with Roundtable on the Agenda.

With March being Colorectal Cancer Awareness month, Cindy reviewed the American Cancer Society's Five Common Myths about Colorectal Cancer with the group:

- **Myth—Colorectal Cancer is a man's disease.** Colorectal cancer is as common among women as men. Each year 150,000 are diagnosed & 50,000 die from the disease.
- **Myth—Colorectal cancer cannot be prevented.** Colorectal cancer almost always starts with a polyp. If found early, it can be removed and stop the cancer before it starts. Lower your chances of getting colorectal cancer by staying at a healthy weight, being physically active, limit your alcohol intake and eat a lot of fruits and vegetables, whole grains and less red or processed meat.
- **Myth—African-Americans are not at risk for colorectal cancer.** African American men and women are diagnosed and die from colorectal cancer at higher rates than any other US racial or ethnic group. Reason for this is not yet understood.
- **Myth—Age doesn't matter when it comes to getting colorectal cancer.** More than 90% of colorectal cancer cases are seen in people age 50 and older.
- **Myth—It's better not to get tested for colorectal cancer because it's deadly anyway.** Colorectal cancer is often highly treatable. If found and treated early, 5-year survival is about 90%.

Additional information for review included the 2011 Report Card for Colorectal Cancer with grading criteria for screening legislation (Texas received a "B") and the "20 most frequently asked questions about Colon Cancer" from the American Society for Gastrointestinal Endoscopy.

We are anticipating a visit from Laura Weldon, exercise physiologist, in April and a presentation on Hernias in May with Dr. Boutros Kahla. Won't you join us?

Baytown Ostomy Support Group meets the 1st Monday of each month at 6:00 p.m. in the Community Room in the Lobby at San Jacinto Methodist Hospital.

Next meeting: Monday, April 4th @ 6:00 p.m.

**Cindy Barefield, RN, WOCN**  
281-420-8671



Please be sure to visit the newly designed website for the Ostomy Association of the Houston area!

<http://www.ostomyhouston.org/>

## *Photos from the 55th Anniversary Dinner and Meeting*



A full house for the dinner! (top row, left)

Newly elected Board member, Suzanne Hill (top row, middle)

Patti Suler presents on "Volunteering" (top row, right, and middle row, center)

The fabulous spread of food (middle row, right)

Chuck Bouse and Ed Wood having a chat (bottom row, right)

Members enjoying their dinner (bottom row, left)

Paul and Marilyn Sweeten (middle row, left)



### **CCFA Take Steps Walk 2011**

Team Ostomy Association of the Houston Area will be walking for the third year in the **Crohn's and Colitis Take Steps** event. This year, the walk will be held on May 14, 2011, and we expect much cooler and nicer weather. The walk is less than two miles, basically a comfortable stroll around Discovery Green area downtown. Music, food and lots family-based entertainment will be there. Come join us. Contact Team Captain Patti Suler for more information.

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.

### **Local OAHA Upcoming Elections**

The nomination committee has submitted the following names for the upcoming Board of Directors' election:

**Terry Marriott** is nominated for a new 3-year term as a board member, his Presidency is term-limited and will end this June.

**Lorette Bauarschi** is nominated for a new 3-year term as a board member, her Treasurer position is term-limited and ends June 2012.

**Jenrose Foshee** is nominated for a new 3-year term as a board member to replace Dale Whittington, whose term expires this June.

**WOCN and ET Directory**

Cindy Barefield, RN, CWOCN (281) 420-8671

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

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

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

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

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

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3/11 SG HLFAD

**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  
marriot@rice.edu  
**Meeting:** **April 18, 2011**  
**Program:** **Guest Speaker: Kenneth Lambert,**  
**Funeral Negotiator**

**Baytown Group**

**Monthly:** First Monday  
**Time:** 6:00 p.m.  
**Place:** Community Room in Lobby of San Jacinto  
Methodist Hospital  
4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-420-8671  
**Meeting:** **April 4, 2011**  
**Program:** **Guest Speaker: Laura Weldon,**  
**Exercise Physiologist**

**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 281-537-0681  
sa1tmr@sbcglobal.net  
**Meeting:** **April 19, 2011**  
**Program:** **Speaker: Patti Suler, OAHA Newsletter Editor,**  
**presents "Volunteering"**

**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:** **April 18, 2011**

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

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



## 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](mailto:lbauarschi@sbcglobal.net) or send your request to the provided address at the top right of this page.

### Donation of Supplies

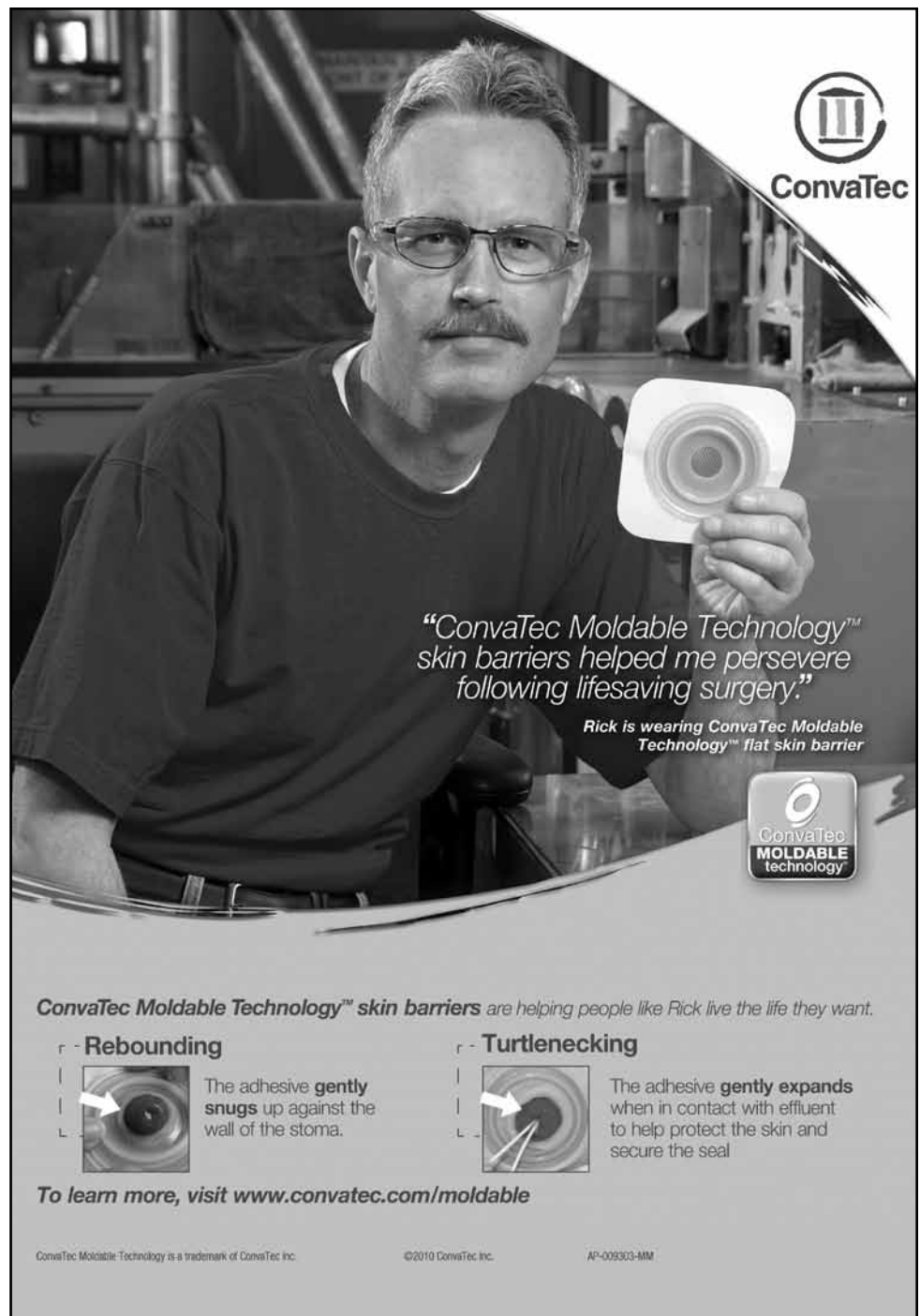
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

### 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**

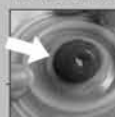
*"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."*

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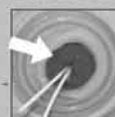
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## Membership Application

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.

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