



# 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)

## A Bump in the Road

By Patti Suler

Kathleen Duplessis will be joining an elite Ostomate group on Monday, April 16, 2012. That is the day that she is running in the 116th Boston Marathon. Less than a dozen ostomates are running or have run in this world class event.

Long distance or marathon running is still viewed as a cutting edge, vigorous exercise for ostomates. This marathon measures 26 miles, 385 yards in length. The 'Boston' is the oldest annual marathon and is ranked as one of the most prestigious in the world. Kathleen qualified with her 3:58 (H: MM) personal best time from running in the Mohawk Hudson River Marathon in Albany, New York. Entry requirements are based on sex, age group and qualifying times.

"I started running in college with friends. It was mostly for social reasons and short distances like 3 miles. The 5K runs were just gaining in popularity and we participated in them," she shared. Kathleen later married a runner who then migrated into long distance running. "I looked at his training schedule. You build up your endurance by gradually increasing your weekly mileage and then on Sundays you do your long runs. It seemed do 'able. After my first marathon I was hooked," Kathleen advised. "It was evolutionary that we moved toward long distance or marathon running together."

Coming from an athletic family, Kathleen loved sports but tells how she was terrible with tennis. Things changed for her though when she began running and swimming. She discovered that she was very good. "Running was something I could do," Kathleen advised and added that "it was an easy migration over the years for me to continually self challenge myself to improve time and distance."

"Boston...this run...will be my last marathon. It has been my goal for a couple of years," Kathleen stated. She had previously just missed qualifying by minutes from an earlier year's race. Her training schedule is very demanding for marathons. Spread out

over an 18-week time period before the race, it is based on building up weekly mileage and using a pace chart. The pace chart shows what times and distances a runner has to meet in order to hit their desired goal.

Kathleen runs five days a week while resting on Mondays and Fridays. On Saturdays she does a pace run and doubles the distance the following Sunday. This allows her to check her pace and timing according to the chart.



Kathleen Duplessis, Run Wild 5K

"I am using Hal Higdon's Intermediate II schedule which is a bit of a challenge. An example of a training week midway through the schedule is: I rested on Monday, ran 4 miles on Tuesday, 8 miles on Wednesday, 4 miles on Thursday, rested on Friday, then

*(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.

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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

Twenty-five members celebrated the 56th Anniversary of the Ostomy Association of the Houston Area. It is amazing to realize that the organization has been here for over fifty years providing support for new ostomates. We are privileged to continue helping ostomates live their best lives.

Our newsletter editor, Patti Suler, told us her story in “No Fear! Overcoming ostomy related anxiety”. Many of us could relate to the concerns and anxieties that Patti described. Her successes are inspiration for all of us to try new things and to not be restricted by our ostomy. Patti got an ovation for her underwater adventure and she wowed us describing her Diamond Head climb.

Our April meeting will be presented by Dr. Jennifer Meeks (an audiologist) who will speak about hearing loss, protecting one's hearing, getting tested for hearing loss, hearing aids, surgical options, etc.

Regards,

**Denise Parsons**, President, OAHA  
713-824-8841

## Northwest Group News

As the 2012 year continues, the Northwest Group invited Nick Sprague from Coloplast to speak with us about their 2012 product line. Coloplast continues to be an innovator in the field of ostomy supplies. Nick brought with him several different new products and he discussed how these new products would make our lives just a little bit better. One of the most important items that we talked about was our need to maintain our own extra supplies in case of immediate need. April's meeting should be just as interesting. We will be hosting another vendor that will be showcasing their 2012 product line. Many thanks to Suzanne for bringing the tasty cupcakes and cookies.

Always remember, we are here for one another—without that we are nothing. We all go to group for one reason or another. Let it be known that you do matter and we miss you when you are not here. God bless those who are struggling and those that are in time of need. —Craig Cooper

**Craig Cooper**  
281-948-6883

**Tony Romeo**  
281-537-0681

## Baytown Group News

Baytown had a cozy group gather for their March meeting. With March being Colorectal Cancer Awareness Month, we felt like it was important to talk about colon health—our own or someone we know or care about! The American Cancer Society has a wonderful overview on colorectal cancer. We are reminded that many colorectal cancers can be prevented if they are detected early! We reviewed risk factors and guidelines for colonoscopy. (If you need this information refer to: [www.acs.org](http://www.acs.org). Enter “colorectal cancer” in the search box)

The remainder of the meeting was devoted to “Friends Helping Friends”. One member commented, “I almost didn't come tonight and now I'm glad I did. I've learned something that can help me.” In this fast paced world that we live in, it is so nice to see folks come in, sit down and take a moment to share with each other. You may be surprised what benefits you will receive.

Our next support group meeting is scheduled for Monday, April 2nd. We will have a presentation on clothing options to enhance your lifestyle!

**Cindy Barefield, RN, WOCN**  
281-428-3033

## Aging and the Ostomate

*Edited by B. Brewer, UOAA Update 3/12*

**Skin:** As we grow older, subtle changes occur in our bodies. The most insidious is our skin. It loses elasticity and becomes thinner and drier, thus becoming prone to wrinkles and irritation. These changes can become real problems for those who must wear a pouch all the time. To prevent leakage as the skin becomes more wrinkled, one should stand up straight when changing the pouch. With one hand, stretch the skin so that it's tight, and with the other hand attach the pouch (using a mirror may help you see what you're doing).

**Bruise:** The skin over the entire body tends to bruise more easily and heal more slowly as we age. We need to be more careful when removing a pouch. A skin barrier covering the entire area under the pouch, or a very thin application of a skin-care product may help protect the tender skin.

**Strength & Agility:** Aging may also result in less strength in the hands, arthritis, lessening mobility or pain in the fingers can make it difficult to put together a two-piece pouching system. A one-piece pouch may eliminate the task of stretching a pouch over a faceplate. In short, aging is something we must face. Considering the alternative—it's not that bad!

### Local OAHA Upcoming Elections

Ron Cerreta, Mary Harle, and Clarice Kennedy have been nominated to serve on the Board of Directors to be voted on at the May OAHA meetings.

## A Bump in the Road *(Continued from page 1)*



Kathleen during her cage-diving with sharks trip

on Saturday I have to do 8 miles at pace and then 16 miles on Sunday.” Kathleen also noted that her schedule calls for three 50 mile weeks in it, a challenging standard. The training schedule begins to taper down as the marathon approaches to allow the runner a resting period and to peak at the marathon.

“There is a huge part that is really just mental, you really have to be able to lock in and make sure that you convince yourself that you can do this. You have already done it in your mind. I really think that

long distance running is 60% training, 40% mental,” she explained.

Health-related problems created stumbling blocks that would not go away. “Everyone in my family has ‘nervous stomachs’” Kathleen referenced as she shared her diagnosis of ulcerative colitis (UC) from December of 2001. She tried to ‘handle’ her disease. She advised, “I have always been strong, I kept thinking I can get over this. But I had a lot of issues. I didn’t feel well. I was running and I started out well, but after I had been running for a couple of miles I had to stop and use the restroom several times and I knew I was in trouble. After that I went back to the gastroenterologist and he tried to treat me with different medications and finally they realized it was not UC but Crohn’s.”

She further shared that “I had all kinds of problems, it was really bad. In fact it got so bad that I had to go on short term disability, I lost a ton of weight. Eventually I went to my doctor and requested the surgery. He now laughs about it because he says I was the only patient that came to him requesting surgery.”

“After my surgery I was still so thin but then I started eating and gaining some weight and getting anxious to get back to work.” Prior to her ileostomy surgery in 2002, she had accumulated an impressive record of running three marathons and an ultra marathon. The race was calling her back.

A year after my surgery, she proudly shared, “I ran and finished a half marathon and I could have just burst into tears! I realized I’m back and that is just when I started challenging myself.” All of Kathleen’s stumbling blocks fell away leaving a mere bump in the road.

Kathleen stated, “I am competitive. I enjoy competition and will continue to run in smaller races like the 5K to improve my time. My running is so much better. My personal records for the half

marathon and the full marathon were both post surgery. If I told people I run with that I had an ostomy they would totally flip, I don’t think they would believe it.”

Kathleen, a former OAHA Board member, has been married for over 30 years. Her husband has run the Boston marathon already. “This is my turn, my turn to take a victory lap,” she stated and smiled.

They celebrated their 30 year anniversary with a three week vacation trip to South Africa that included cage diving with the great white sharks. She has two sons and just turned 55 last November. Their family has recently expanded with the adoption of two rescue Boxers.

Her husband is South African and she lived there for ten years in Johannesburg and Pretoria. She has travelled extensively to very exotic places including Madagascar, Kenya, Tanzania, and her favorite Botswana. She enjoyed participating in a Skeleton Coast safari in Namibia last year.

To date, Kathleen has completed five Chevron marathons and is now exempt from the lottery if she does choose to run in future competitions. After Boston? “I may consider taking up the triathlon. I’m just thinking because I am a good swimmer, a strong runner and all I need to do is add biking to my training schedule.” Go Kathleen, You Rock!



Boston Marathon Invitation



Kathleen in Paris, Spring 2011



Kathleen in the Run Wild 5K



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

### WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
San Jacinto Methodist Hospital  
cbarefield@tmhs.org

Clarice E. Kennedy, CET (713) 647-8029  
claricekennedy1@comcast.net

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

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

## 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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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:** April 16, 2012  
**Program:** **Guest Speaker: Dr. Jennifer Meeks**, an audiologist, will speak about hearing loss.

### 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 281-428-3033  
**Meeting:** April 2, 2012  
**Program:** **Presentation:** Clothing options to enhance your lifestyle!

### 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 17, 2012  
**Program:** **Presentation:** Vendor to present 2012 product line

### 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 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 Treasurer at the address shown below.

### 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 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or [lbauarschi@sbcglobal.net](mailto:lbauarschi@sbcglobal.net) or send your request to the provided address below.

### 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.

**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  
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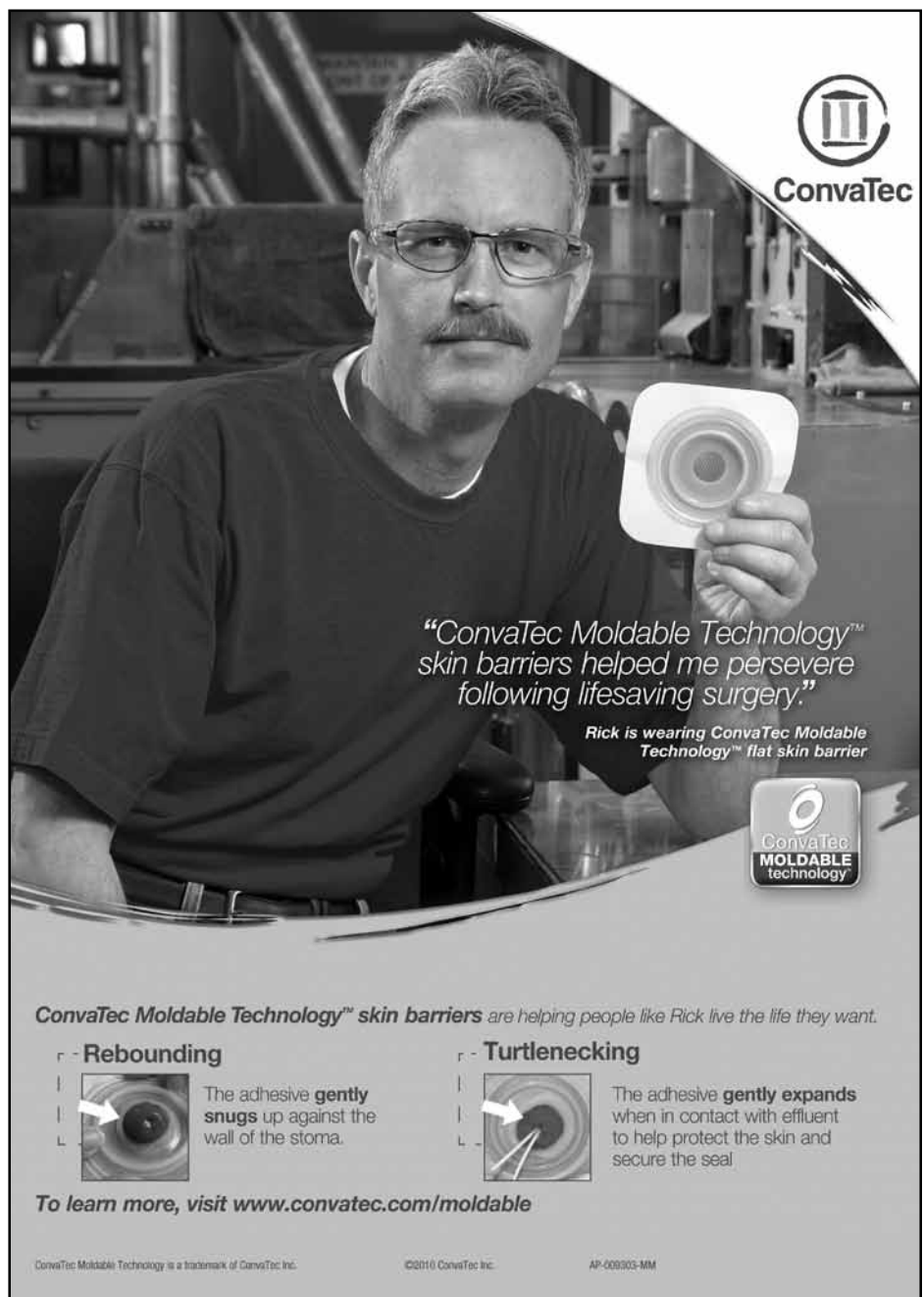
## Weight-bearing Exercise for Osteoporosis

*Reprinted from the OAHA May 2008 Newsletter*

Weight-bearing means your feet and legs support your body's weight. A few examples of weight-bearing exercise for osteoporosis are: Walking, Hiking, Dancing, and Stair climbing.

Sports like bicycling and swimming are great for your heart and lungs. However, these are not weight-bearing exercise for osteoporosis. That's because you are being held up by something other than your feet and legs, such as the bicycle or the water.

Walking as little as three to five miles a week can help build your bone health. For general health, most experts recommend that everyone get at least half an hour of moderate to vigorous exercise five times a week. Forty-five minutes to an hour is even better.



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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.**

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| <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

☐ 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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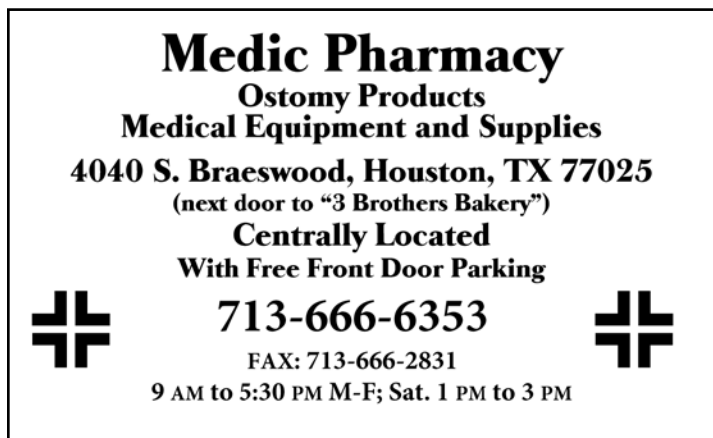


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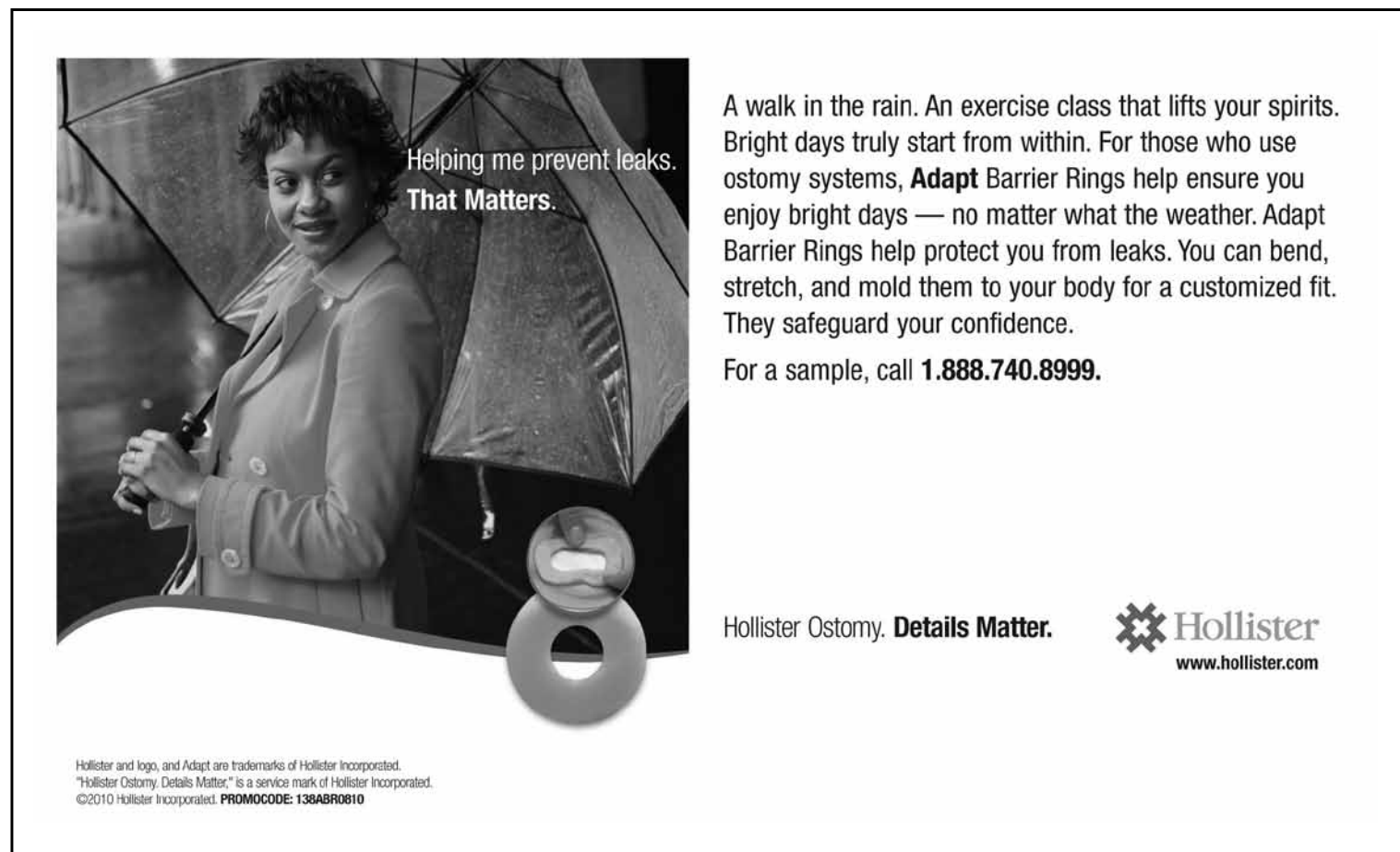


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