



April 2014

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

Shingles

UOAA UPDATE 1/2014 - Ostomoma News, Sonoma Co.

If you have had chickenpox you are at risk for Shingles. It is caused by the same virus that causes chickenpox. Once a person has had chickenpox, the virus can live, but remains inactive in certain nerve roots in the body for many years. If it becomes active again, usually later in life, it can cause Shingles. The risk of Shingles increases as you get older. These viruses can activate anytime, without warning. There is no way to tell who will get Shingles or when it may occur.

The first signs of Shingles are often felt and may not be seen. These can include itching, tingling or burning. A few days later a rash of fluid-filled blisters appears (only on one side of the body or face). The blisters may take 2–4 weeks to heal. Shingles can be painful and can cause serious problems. For most people, the pain from the rash lessens as it heals. After the rash heals, however, Shingles may lead to pain that lasts for months or even years. This is because the virus can damage certain nerves. Other serious problems that may be caused by Shingles include skin infection, muscle weakness, scarring or decreased vision or hearing.

The older you get, the more at risk you are. This is because the body can't defend itself against the virus as well as it could when you were younger. There is now a vaccine available to prevent Shingles. Everyone should get the vaccine—it's worth it!



Centering Your Pouch

UOAA UPDATE 1/2014—Evansville, IN Re-Route

A well-fitted pouch does not allow for much margin of error. Consider this: The correct opening size is determined by measuring your stoma's diameter with a measuring card and adding 1/8th of an inch. This means your pouch must be centered exactly and carefully each time. How do you do this? Good lighting is important, preferably from above and from the side. Stand sideways to a light source for better visibility. A wall mirror is a great help to see that the appliance hangs straight. A crooked pouch exerts pressure on the skin and stoma and can only lead to trouble. Don't rush! Take time to check the placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked and uncomfortable. Remember, if your pouch feels out of place or uncomfortable, TAKE IT OFF! Don't wait for injury to occur. It is better to change unnecessarily than to risk damaging that precious stoma. You have to live with it for a long, long time.

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.



Ostomy Product Swap Meet

April Northwest Group Meeting, April 15
See meeting notes on page 3 for more details.

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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 281-485-1961.

Central Group News

It's a SECRET! What has been in the Houston area for 58 years that very few Houstonians know about but has been helped so many? The Ostomy Association of the Houston Area. Yes, this organization has been helping ostomates care for their ostomies and themselves by having role models who are living wonderful lives after their surgery, providing information about life after surgery along with the tips for dealing with issues that might arise. Ostomates in the Houston area are a busy bunch who travel, run marathons, scuba dive, play golf and tennis, work at an amazing assortment of jobs, volunteer in many ways around the community, and enjoy friends and family. For many, the surgery brought a renewal of life after illness. For others, the surgery was lifesaving. The March meeting was a celebration of the organization and a pledge to keep it going as long as it is needed. Our speaker was Patti Suler, our newsletter editor. Patti made the trip to Jacksonville, Florida last summer to the UOAA National Conference which is held every two years. We enjoyed Patti's photos and hearing her stories about the people she met and the bridge that she conquered.

Here are notes from the UOAA.

- UOAA Mid-Atlantic Regional Conference will be May 2–4, 2014 at the Holiday Inn Washington-Dulles Hotel.
- The Youth Rally will be held July 7–12, 2014 at San Diego State University for youth and teens who battle bowel and/or bladder diversions.
- The UOAA sponsors the WOC Nurse of the Year Award. There are forms on the UOAA web site, so nominate your favorite nurse.
- UOAA is on Facebook. They are looking at having Webinars on various topics such as "Women living with an ostomy." Please LIKE the UOAA on Facebook.

Please volunteer to walk or donate to our team in the CCFA, Take Steps fundraiser, May 3, 2014. Next month, we will welcome our Convatec representative, Kerrienne Pelzl.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

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

Local OAHA Upcoming Elections

Lorette Bauarschi, Terry Marriott, and Jenrose Foshee have been nominated to serve on the Board of Directors. Nominee(s) will be voted on at the May OAHA meetings.

Baytown Group News

Tabatha Schroeder RN, CWOCN, Territory Sales Manager did not disappoint those who might be curious about what is new in the ostomy world at Coloplast. Tabatha demonstrated several new and updated products for the group. She provided samples and opportunities to enroll in an evaluation of the new Mio drainable pouch. The gray colored Mio pouch is a product of many hours of research to find a pouch color that would not be visible under any type of clothing or any skin tone. It also offers a built in intimacy feature as well a redesigned filter to allow more gas to be released. There was much discussion around the hydrocolloid strips which can be used in several different ways—one of which is to frame the wafer for swimming. The adhesion works so well that it is suggested that the strip be stretched to aid in removal.

April brings our favorite Dietitian Matt Potter, back to speak with you. ConvaTec ostomy specialist, Kerrienne Pelzl is lined up for May.

Baytown Ostomy Support Group meets the first Monday of every month at 6 p.m. in the Community Room at Houston Methodist San Jacinto Hospital. We look forward to seeing you here!

Cindy Barefield, RN, CWOCN
281-428-3033

CCFA Take Steps Walk 2014

<http://online.ccfa.org/goto/OAHA>

By Patti Suler, Team Captain



Lonely, Nothing to do on the weekend? Not really fond of exercise? This event is perfect for you. Very little exercise, lots of food and plenty of fellowship for a short amount of time.

Come join your fellow ostomates in our sixth year walking in the upcoming CCFA Take Steps fundraiser on May 3, 2014, at Discovery Green. This is an optimum opportunity to make a big difference with a little bit of time investment.

We have a total of three folks signed up including myself and a lady from our printer. Step up time to take steps. Over 20% of our members have ostomies due to Inflammatory Bowel Disease. You know who we are, we are the happy people.

The walk itself can be accomplished in as little as 30 minutes. The food, entertainment and fellowship are a bonus. Absolutely cannot walk with us? Please consider a donation. Sign up via the web link above or contact Patti Suler at 281-352-2566 or pattisuler@aol.com.

Northwest Group News

Just under a dozen people came to watch the program presented by Tabatha Schroeder, RN, BSN, CWOCN, the new Coloplast Representative. Many members remembered her from when she worked with Convatec. Tabatha brought with her Lance Ellis with Byram Medical.

Tabatha demonstrated the latest product Mio from Coloplast. It is super thin and flexible. Pat Thompson BSN, RN, CWON, is conducting a trial right now and if you are interested, give her a call at 281-397-2799. The Mio product is not available just yet however members of the trial can get more supplies with Byram.

Coloplast has a very successful line of sting free, no alcohol accessories. Tabatha let everyone touch and feel all of the products for a very interactive program. We also got lots of samples to try. She also brought cheesecake!

DON'T FORGET!—

Next month the Northwest Group will be holding the first Ostomy product and accessory swap meet. Bring your extra, “no longer used” or “just didn’t like” products. You can take new ones home or just enjoy the cookies.

Products not finding new homes will be mailed to the Friends of Ostomates Worldwide—USA. This group collects and provides supplies to those in need who often have no other resource. Remember we no longer store or provide supplies locally. This is a great time to clean out your closets.

Send Supplies and Contributions to:

Friends of Ostomates Worldwide—USA
4018 Bishop Lane
Louisville, KY 40218
Phone: 502-909-6669
E-mail: info@fowusa.org
Website: www.fowusa.org

Craig Cooper
281-948-6883

Tony Romeo
936-588-4031

Universal Truths

Middle age is having a choice between two temptations and choosing the one that will get you home earlier.

Most people are willing to strive for success if they can start from the top and then move up.

Something everyone in the world is doing at the same time is growing older.

Clinical Ostomy Pearls: Skin Barriers

by Janice Colwell, RN, MS, CWOCN, FAAN Ostomy Advanced Practice Nurse and Current President of FOW-USA

The skin barrier of the pouching system is the beige inner adhesive that starts at the stoma and goes out 2–3 inches. The purpose of the skin barrier is to provide adherence of the pouching system to the skin. All pouches have a skin barrier and each company manufactures a slightly different skin barrier. Here are the terms used as it is important for you to understand.

Hydrocolloid—Each of the skin barriers is made with a “recipe” of materials that are classified as a hydrocolloid. The hydrocolloid absorbs skin moisture to insure a good seal (and not allow the skin moisture to quickly loosen the seal). In addition to absorbing the skin moisture, the hydrocolloid absorbs the stoma output, urine or stool. The more liquid the stoma output is, the quicker the hydrocolloid becomes saturated and loses the adhesive seal. Therefore, a person with a high liquid output stoma may need to change every three to four days to be sure of a solid seal.

Regular wear versus extended wear—These two terms define the type of hydrocolloid. Regular wear skin barrier is suggested for use with a semi-solid or solid stoma output versus an extended wear skin barrier that is suggested for use with a liquid stoma output; an extended wear skin barrier can maintain its shape and wear time longer than a regular wear skin barrier.

Flat versus convex—These terms relate to the shape of the skin barrier. The part of the skin barrier that adheres to the skin can be flat or convex (round) and the type chosen depends upon the shape of the skin around the stoma in standing and sitting positions. When the skin around the stoma is flat (bend over in a sitting position to determine this) a flat skin barrier is generally appropriate; when the skin around the stoma is creased around the stoma a convex skin barrier (rounded on the part that will attach to the skin) may be appropriate. The convex skin barrier can keep creases flat if placed on when the skin is pulled flat. Another use for the convex skin barrier would be to help a flat stoma. A flat stoma can, in some cases, be challenging as the stoma output may not get up over the adhesive into the pouch. The convex skin barrier can apply a modest amount of pressure to get the stoma up and over the skin barrier enhancing the seal.

The skin barrier opening—The skin barrier opening should fit at the skin/stoma junction. This means that the opening should be round to fit a round stoma or oval to fit an oval stoma. It is advisable to re-measure a stoma every three months to be sure that a weight gain or loss has not changed the size or shape and then alterations can be made accordingly.

Understanding these terms will help in evaluating new products and getting a consistent predictable wear time from a pouching system.

Thanks to Coalesce, Chattanooga (TN) Ostomy Association.

Helping Family and Friends Understand Your Ostomy

by Edgepark Newsletter, December 2013 Edition via The Pouch

Talking to friends—and even family—about your ostomy may seem overwhelming at first. You might wonder where to begin the conversation and how much you need to explain. The best way to know how to answer questions about your ostomy is to think through how you want to respond beforehand. Here are a few ideas to consider when talking about your ostomy with others.

Practice what you're going to say. If you've recently undergone surgery, people may wonder what happened, why you've been gone and if you're feeling okay. Come up with a quick response that makes you feel comfortable. You can keep it simple. Decide what and how much you wish to say about your ostomy. Practicing this answer with a close friend or family member can make answering more comfortable and easier for you.

Understand how much the other person knows about ostomies. Think back—how much did you know about ostomies before your surgery? You may have never heard of an ostomy before. Chances are many of the people you encounter won't know anything about an ostomy either. Keep this in mind as you consider what to say to individuals about your ostomy. You might want to review general information about how the digestive system works before getting into what kind of surgery you had. For example, you might want to say something along these lines, "Have you ever heard of an ostomy? People who have serious problems with their digestive system may need surgery like I had. With the surgery the doctor brings a portion of the colon (or small intestine for an ileostomy or urostomy) through the stomach muscles so it has an opening outside the body. I attach a plastic pouch with an adhesive to collect body waste."

Emphasize how your ostomy has benefitted your life. During the conversation you may want to point out the benefits of having an ostomy. For instance, you may have undergone ostomy surgery to treat a chronic condition and now that the surgery is over, you feel healthier.

Connect with others who have ostomies. Reach out to others with ostomies for support. In online forums you can find information and stories about how people talked to friends, family, co-workers, dates and others about their ostomy. Reading their experiences may give you added confidence when it comes to answering questions about your ostomy.

Encourage people to find out more—on their own. Your friends and family will probably have many questions about your ostomy. They may not feel comfortable asking you every question. To help them answer their questions, suggest they visit www.ostomy.org, the website of the United Ostomy Associations of America, Inc. to learn more.

Thanks to Insights, Ostomy Association of Southern New Jersey

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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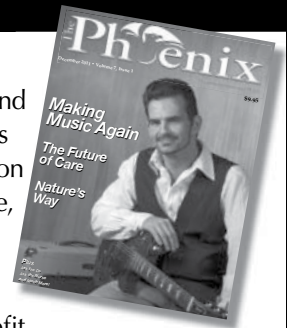
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can be contacted at:
www.uoaa.org or **800-826-0826**

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11/11 SG HLFAD

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 21, 2014
Program: Guest Speaker: Kerrienne Pelzl,
 Convatec representative

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: April 7, 2014
Program: Guest Speaker: Matt Potter, Dietitian

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
 sa1tmr@sbcglobal.net
Meeting: April 15, 2014
Program: Northwest Group will be holding the first Ostomy
 product and accessory swap meet. Bring your extra,
 "no longer used" or "just didn't like" products. You can
 take new ones home or just enjoy the cookies.

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: April 21, 2014

*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.

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Meetings, Social Events,
Monthly Newsletter*



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