



April 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

Northwest Group Hosts Live Ostomy Nurse Roundtable

By Patti Suler

The Northwest Group hosted its first live "Ask the Ostomy Nurse" roundtable featuring ostomy nurses Marisa Reger and Rosalie Johnson on March 18, 2015. The benefit of such a personal experience was immediately apparent. Ostomates and their guests were able to ask questions and share information in an informal and comfortable manner. The discussion threads left no stone unturned. Share now in some of the highlights from this special gathering (names have been changed to protect their stomas).

The Traveler

James has to travel often by car for long distances. Even though he restricts his intake before leaving to minimize outtake, occasionally he has to empty his pouch when no facilities are available. He carries the big red, sealable containers available to hunters and fishermen for just such an occasion. These containers can be found at hunting and fishing retailers. The nurses cautioned about dehydration from holding back fluids as a management tool.

Pouching Limits

Pushing the envelope by waiting until it's almost too late to empty the pouch without a leak is Fred's habit. Often times he has experienced near misses by waiting too long. Until recently he was lucky until pouch karma caught up with him. Attending a function out of town with a relative, Fred knew it was time, but circumstance delayed his access to a bathroom. Upon reaching their hotel, his seal gave out as he exited the vehicle. He was covered from the waist down including his boots. He had to quickly make a dash to the elevator in order to get back to his

room. Fred advised the next persons entering the elevator would know something was up.

Voodoo Effect (from meetings)

Probably related to Fred's pouch karma, the voodoo effect was defined as having something go wrong after discussing it in a meeting even when that particular event had not gone wrong before.

No Restroom or Accommodations

One avid fisherman Mark uses a sandy beach to dig a hole, empty the pouch contents and then cover up the hole. Another park addict got caught with a full pouch and no facilities within miles. Not to worry, utilizing parts from the emergency kit kept in the vehicle (wipe, Ziploc, colored plastic bag) this park person crawled in the back seat for more room and designated a guard at the vehicle's bumper while emptying the pouch into the ziplock, wipe and then putting it in the colored plastic bag for disposal later.

(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.

Missed Visitor Training?

Contact Marian Newman at 713-392-5768, a second class may be created if there is enough interest.

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.

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Central Group News

We had a couple of guests and 15 members at our March meeting. We celebrated the 59th Anniversary of the Ostomy Association of the Houston Area. Terry Marriot talked about the group and its history. He has served as President and Treasurer and in many other capacities. The Ostomy Association of the Houston Area started in 1956 meeting in members' homes and was called the QT Club. The group has been meeting at the American Cancer Society Building since 1987. The group became a Chapter of the United Ostomy Association in the 1960s and hosted regional UOA conferences in 1975 and 1993. Due to the ending of the national UOA organization in 2005, the Houston group has become the Ostomy Association of the Houston Area, we incorporated in Texas as a non-profit corporation and obtained tax-exempt status with both the IRS and State of Texas. We currently have groups meeting in central Houston, northwest Houston, and Baytown. At one time, we had a group in Clear Lake. Monthly meetings and a monthly newsletter have informed and educated ostomates along with their families and healthcare team members for almost 50 years. The organization has one of the few J-Pouch support groups. The group has maintained a Certified Visitor's Program which averages 30 visits per year. The Ostomy Association has sponsored children and nurses attending the annual Youth Rallies. We have also supported WOC nurse training with tuition and books. Our brochure is a key method to explain the organization's services and to provide contact information. The brochure and newsletter are available via email updates to local WOC nurses. Our website is becoming another key communication tool for the group with an archive of about 10 years of newsletters with very helpful articles and links to useful sites. Next year, we hope to have a BIG celebration in honor of 60 years of support to Houston ostomates.

March was colon-rectal cancer awareness month. Please remind family and friends over 50 to get their colonoscopy. For those who have had colorectal cancer, consider suggesting a colonoscopy to younger family members. Hopefully, any cancer would be found early and be very treatable. My doctor suggested that my daughters and younger sisters have colonoscopies about five years before the age my cancer was found at 46. So, around 40, they all had the inspection and, fortunately, all passed and are on a five-year schedule unless symptoms show up.

The guest speaker for our April 20 meeting is Kristine (Kris) McNeill, Ostomy Sales Specialist with Hollister.

Best regards to all,

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.

Baytown Group News

Tabatha Schroeder from Coloplast presented at the March 2 Ostomy Support Group Meeting. Tabatha discussed the new "Mio" pouch launched by Coloplast. Mio is different from other pouches on the market. It is gray, made of a polyester bend and has a unique filter design. The closure mechanism is designed in such a way that it can roll up like a closed end pouch. The pouch comes in opaque and transparent versions. The pouch has a "pre-filter" design which filters air from along the sides and does not wait for the air to gather at the top of the pouch. With concerns that gas may empty too fast and cause odor, Coloplast has provided a filter cover. This allows the ostomate to partially cover the filter if they feel that too much gas is being released at one time. The Mio wafer is designed with less aggressive adhesive on the back. Because of this increased flexibility, the belt for Mio is also redesigned and is two-pronged to keep the wafer in place when worn.

Brava elastic barrier strips are now available in Y shape, straight shape and curved shape options which may help with creases or other issues encountered with maintenance of wafer or other wound care products. Tabatha shared that elastic barrier strips are Medicare reimbursable where tape is not. One may find these products more challenging to remove. Adhesive remover spray could be used for removal; its use is not yet reimbursed.

Tabatha hopes to return later this year and share the convex version of Mio when it becomes available.

Next month we will have Kerrienne Pelzl from ConvaTec join us. We hope you will make time to attend on Monday, April 6 at 6 p.m.

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>

Questions? Contact Patti Suler at 281-352-2566
or pattiksuler@aol.com for assistance.



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

Northwest Group News

Next Meeting will be held on Wednesday, April 15, 2015, with Kerianne Pelzl from Convatec.

The Northwest group meeting will be at the old location on a new day. **Mark your calendars for Wednesday, April 15, 2015, 7:00 p.m., at the original Cali Professional Building complex.**

Tony Romeo
936-588-4031

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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.com.

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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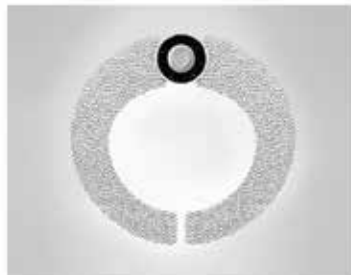
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Neutral gray textile for discretion.



Northwest Group Hosts Live WOC Nurse Roundtable

(Continued from page 1)

One Size Does Not Fit All

Clothing is important for looks as well as comfort for ostomates. This mate wears extra-sized shirts for comfort and to allow wearing his pouch on the outside without visibility.

Convex or not to Convex

Rosalee helped with this question directly by sharing how to tell if you need a convex base. Standing sideways to a mirror, if you can see the base of your stoma you might be able to wear a flat wafer, but if you can't, convexity is your best friend.

Stoma Quartets

Dealing with stoma noise during a presentation can be as simple as placing your hand over your stoma Napoleon style. However watch for people later asking if you feel all right. Singing stomas were compared to fish tanks, the gas moves around and bubbles a lot.

Another tip should your stoma make noise in a small quiet area. Look around as if you are trying to locate the source of the sound. It defers suspicion every time.

Additional topics discussed included insurance issues, finding an ostomy nurse, personal product use, diet, intimacy, clearing airport security, and the benefits of attending support group meetings. There is nothing like having someone look you in the eye and say I've been through that.

Peter offered this quick method for telling someone about your ostomy. He mentioned to someone he was having stoma issues. They asked what was a stoma. He told then S T O M A, look it up on Google.

Round Table Panel Members

Marisa Reger RN, BSN, has worked for 8 years at Houston Northwest Medical Center in the Medical ICU. She recently graduated from the webWOC nursing program through Metropolitan State University, Minneapolis, MN. She is now a WOC nurse and will take her certification in the near future.

Rosalie Johnson BBA, RN, CWCN, has been a WOC nurse since the fall of 1996. Soon after getting her certification, she went to work for UTMDACC for 5 years. She decided to use her WON knowledge in the area of industry and went to work for Medic, KCI, and Coloplast, but her love for the interaction with patients took her to back into wound clinics and the hospital. At present time she works full time at CHI St. Luke's in the medical center.

Organizer, Facilitator Pat Thompson, BSN, RN, CWON, was responsible for organizing this critical gathering and enlisting the participation of Reger and Johnson.

Seeking Medical Assistance

via San Diego Newsletter

The most common problem after any ostomy surgery is the development of a hernia around the stoma site. This is manifested as a bulge in the skin around the stoma, irrigation difficulty, and partial obstruction.

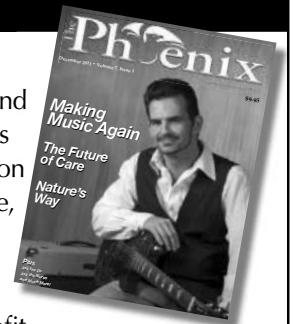
Heavy lifting should be avoided immediately after surgery. Also, you should call the doctor or ostomy nurse if any of the following occur:

- Severe cramps lasting more than 2 or 3 hours
- Unusual odor lasting more than a week
- Unusual change in stoma size and appearance
- Obstruction at the stoma and/or prolapse of the stoma (that is, it has fallen out of place)
- Excessive bleeding from the stoma opening or a moderate amount in the pouch
- Severe injury or cut to the stoma
- Continuous bleeding at the junction between the stoma and skin
- Watery discharge lasting more than five or six hours
- Chronic skin irritation
- Stenosis (narrowing) of the stoma

Your ostomy nurse (WOC nurse) is helpful in managing complications, should they arise.

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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11/11 SG.HLFA

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 20, 2015**
Program: **Guest Speaker: Kristine (Kris) McNeill**, Ostomy
 Sales Specialist with Hollister

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 6, 2015**
Program: **Guest Speaker: Kerrienne Pelzl** from ConvaTec

Northwest Group

Monthly: Third Wednesday 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, April 15, 2015**
Program: **Guest Speaker: Kerrienne Pelzl** from ConvaTec

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 20, 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.

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Meetings, Social Events,
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