



Oostomy Association *of the* **Houston Area**

May 2008

PO Box 25164
Houston, TX 77265-5164
www.oostomyhouston.org

"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."

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

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
(tdmarriott@yahoo.com)

Meeting: May 19th, Monday evening

Program: Roundtable Discussion

We will have a Roundtable discussion and create some Top 10 Tips for new ostomates, for traveling, etc. Bring your favorite tips and questions. We look forward to seeing you.

Northwest Group

Monthly: Tuesday following the third Monday
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: May 20th, Tuesday evening

Program: Holister

Frank Essig with Holister will present the May program. Join us to ask questions and learn about Holister's products.

Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Community Room in Lobby of San Jacinto
Methodist Hospital, 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: May 26th, Monday evening

Program: Round Table Discussion

Come and join us for a group discussion of ostomy issues. We will have a members roundtable and plan our programs for the summer months!

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: May 19th, Monday evening . . .

Reservation required. No obligation. Please call 281-491-8220 for reservation.

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

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.

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 28 in attendance at the April Central Group meeting for the presentation by Spencer Jackson from Hollister. The initial new product he introduced to us is the AF300 high volume filter system whose opening does not have to be covered when bathing or swimming. Spencer also mentioned the Hollister Secure Start program which will provide initial supplies of ostomy products for patients after they leave the hospital which he has set up with some WOCN's for their patients who can use the various Hollister products.

He also introduced us to a new generalized user website: www.c3life.com that is designed & maintained by Hollister but has mainly generic ostomy information.

Marty Postlethwait developed the Shadow Buddies doll concept to help give children like her son Miles a buddy that they can share the long hospital stays and recovery with. Hollister does supply shadow buddies for critical care children during their recovery in hospitals. Hollister Customer Care can be reached at 1-800-323-4060 to make inquiries about obtaining a shadow buddy for such a child. Information about the various types of Shadow Buddies can be found at the following website: www.shadowbuddies.org

We handed out the advertisement for the Newsletter Editor position and our willingness to modify the position and even split it up into as many as three coordinated positions if needed to satisfy the candidate(s) abilities and desire to do the job. See the Help Needed Ad on the right.

Our May meeting is going to be a round table discussion. We will create some Top 10 Tips for new ostomates, Top 10 Tips for traveling, etc. Bring your favorite tips and questions. We'll publish our tips list in the next newsletter for those who can't attend. As always, if you are having problems or concerns with your ostomy, the group will likely have some helpful ideas or recommendations.

We look forward to seeing you.

Terry Marriott

The United Ostomy Associations of America (UOAA) can be contacted at
www.uoaa.org.

HELP NEEDED

Do you have a passion for helping your fellow ostomates? Do you have any writing, publishing and/or editing experience? Would you be interested in learning? If so, now is your chance! Our fantastic newsletter editor, Judy Swinger, has decided that she must relinquish her job. ***The Board of Directors is urgently seeking one or more persons to take over this very important role.***

The newsletter serves as a vital part of our fulfilling our mission to help educate and provide support to ostomates and their caregivers in the Houston area. The newsletter is the only communication we have with many of our members who are unable to attend meetings and often is a new ostomate's introduction to our group. We send the newsletter via email to WOCNs and home health groups in the Houston area who can share the newsletter with their patients. Finally, we share our newsletter with other ostomy support groups around the country. In fact, our newsletter is known for its consistent high quality.

We are very grateful that Judy is willing to help get the new person or persons off to a good start. Please step forward and help continue this wonderful newsletter that reaches out to so many. No previous experience or skill level is necessary – just a willingness to commit your time. We're counting on you!

TIDBITS AND HINTS . . .

- It is not necessary to use sterile supplies. Wash cloths and cotton balls can substitute for gauze pads. The stoma and surrounding skin is not sterile and only requires the same sort of cleanliness as the rest of the body exterior.
- Antihistamines in allergy medications can slow down bowel motility and cause constipation.

“The finish line is just the beginning of a whole new race.”

- Unknown

OPPORTUNITIES & 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 and sent to: **Ostomy Association of the Houston Area**
Attn: Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Memorial Fund: Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**
Attn: Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

(When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)

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 Laura Beth Jackson at 281-530-8912 with any questions.

Consultation with ET: Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

Sponsorship: You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to:
Ostomy Association of the Houston Area
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

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 Chuck Bouse, Treasurer, at 281-495-1840 (cbouse@comcast.net) or send your request to the Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.

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

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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

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order online at
www.uoaa.org

Habla Espanol?

Occasionally, the group is contacted by doctors or WOCNs who are seeking help for an ostomy patient that does not speak English. If you have fluency in another language and would like to help, please let us know. In the Houston area, Spanish and Vietnamese are common languages. The Central group has Spanish language guides that are published by the UOAA which are available to for anyone needing them. Please contact one of the officers for copies. The concerns of a patient with an ostomy are the same in any language. Please contact one of the officers or our Visitation Coordinator for more information.



"The healthiest part of a donut is the hole.
Unfortunately, you have to eat through the rest
of the donut to get there!"

"MORE PRECIOUS THAN GOLD"...The Value of an Ostomy Visitor

via Rose City Ostomy News, Tyler, Texas Chapter

There are times when a particular person can make a difference that no one else can make...so it is with the ostomy visitor. Your value is literally beyond measure. It's like dropping a pebble into a pool. It may seem like a small thing to those of us who volunteer...yet the rippling effect is expansive. Who knows how far it might go. You help someone at a time when they are very vulnerable. They in turn might be the visitors of the future.

Do you remember your ostomy visitor? Just when you thought that you couldn't possibly deal with this operation, a friendly face appeared at your hospital door (or home). The person assured you that he or she had once been the patient in the bed. They could also empathize with your aches and pains, your depression, and your fear of the future.

You can reflect on your questions when you first had surgery. Am I still lovable? How will I ever wear clothes? Will there be an odor? Won't the pouch leak at an embarrassing moment? How well you probably remember these feelings. The visitor somehow made you feel lovable. The idea dawned that if he or she could make it, you would too.

The possibility of participating in your own ostomy care didn't seem quite so overwhelming. Perhaps you could begin learning...one small step at a time. Yes, you might be thinking, wasn't that visit the beginning of a turning point! There was much to be done and perhaps miles to go, but that was the first step. You are living proof that life goes on. You are out there doing the very thing that the new patient wonders about. You are indeed a symbol of hope in the midst of their pain, confusion and fear. Making a visit may seem like a small thing to you. It is like lighting a candle in the midst of darkness. It is helping them to help themselves. Your generosity of time and caring is indeed "More Precious Than Gold."

If you weren't blessed with an ostomy visitor, then remember the struggle you had to find the answers to your questions before you could become one who can be "More Precious Than Gold" to the person with a new ostomy.



ASK THE ET. . .

by Clarice Kennedy

MYTH: "I can't take a bath with a pouch."

TRUTH: You can bathe, shower, and swim with your pouch if you have a secure seal, however, soaking for an extended time could cause the adhesive to loosen.

For a one-piece system, just pat it dry after your bath/shower. With a two-piece system, replace the damp pouch after bathing, clean it, let it dry, and use it later.

You can also bathe without your pouch. Do it when your stoma is inactive, such as early morning or several hours after your last meal. If you plan to change the wafer that day, remove the entire pouching system before bathing. Be careful to thoroughly cleanse the area around your stoma to remove any soap residue and dry completely before applying a new appliance.

Besides the noble art of getting things done, there is the noble art of leaving things undone.

- Lin Yutang

There once was...

When I was recovering from my surgery, I challenged my friends to an ostomy limerick contest. This was the winning entry:

A man once had surgery..OUCH,
He awoke from post-op with a pouch.
It blew up to its limit
From the flatus within it
And floated him up off the couch!

—Dale A.

And you thought YOU had it bad...

I have two very close friends who are also my neighbors. Right after my surgery, when I still couldn't even sit comfortably, one of my friends was complaining about how rough her day was. I just looked at her and said, "Well, I don't have a rectum." We all burst out laughing, and she said, "Okay, you win, but you can't use that all of the time." To this day, when any of us gets stressed, we just say, "Well, I don't have a rectum."

—Colleen M.

"Humor is the great thing, the saving thing. The minute it crops up, all our irritations and resentments slip away and a sunny spirit takes their place."

- Mark Twain

BAYTOWN SUPPORT GROUP

For the March meeting of the Baytown Ostomy Support Group, Frank Essig and Spencer Jackson presented "Hollister Update: On-line Support with the C3Life Program and the New AF300 Ostomy Filter".

This presentation was an opportunity for support group members to be introduced to the www.C3Life.com website and see why it is called "Your Ostomy Communication Center". The group had a chance to look through the categories of Family & Relationships, Travel, Healthy Living and Work/Life. The website is supported by Hollister Incorporated and "is an outgrowth of their mission to help make life more rewarding and dignified for those who use its products."

Members were glad to hear about the new technology in filters for Hollister pouches. Most of their products have incorporated the new filter. Several members signed up to receive samples of the products with the new filter.

The group signed "Get well Wishes" for Mr. Bob who was out for cataract repair. We welcomed back Mr. Herman who just returned from cataract repair! We all wish Miss Angela well as she prepares for her upcoming surgery. We also welcomed new member Susan to our group.

Make plans to be here in May - we will have a members roundtable and plan our programs for the summer months! See you then!

Sincerely,

Cindy Barefield, RN, WOCN
281-420-8671

Weight-bearing Exercise for Osteoporosis

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.

— Excerpt from WebMD Feature Article

NORTHWEST GROUP HAPPENINGS

Our April 22nd meeting was presented by Massage Therapist, Terri Anderson, of the Massage Oasis. We learned about the different kinds of massages and got a lot of good information about massage therapy. Terri has graciously agreed to return for our July Ice Cream Social. She will bring her chair and give some sample massages.

We had twelve members attending the April meeting and we enjoyed brownies and muffins.

Frank Essig with Hollister will present the May program. See you there!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

Some things I want to tell my children . . .

1. Dream big
2. Ask for what you want
3. Dare to take a risk
4. Look for the best in everybody
5. Make time for what matters
6. Let kids be themselves.

TIPS

- ♣ Make a note of the day you change your appliance so that you know when it's time to change again.
- ♣ Do not keep a lifetime supply on hand. Shelf life may be limited. Let the stores stock up on your appliances.
- ♣ Fats of all kinds should be kept to a minimum by most ostomates. Fats induce an increased flow of bile into the intestines and make the body wastes more liquid and harder to control. They also tend to produce gas.
- ♣ Do not apply a double coating of adhesive. A second coat rewets the original coat and results in an inconsistent adhesive layer with unpredictable results. ♣

"When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in a happy old age."

- Victor Hugo

IT'S A MATTER OF SHARING

I know a man, a Colostomate, when asked why he didn't join the ostomy chapter said, "I've adjusted just fine. I don't need the group." His complacency set me back a bit! I thought it over. So, maybe he doesn't need the chapter (whatever that means), but the group needs him—well adjusted ostomates who walk around flat-tummied and non-odorous (I'm not talking about after-shave or perfume)! An ostomy chapter is not a "half-way house" sort of thing. We don't get together to feel sorry for ourselves, to talk exclusively about the "fun and games" of our various operations. We get together because we want to help each other or maybe to get some help with some little problem that's been bugging us. Something that perhaps our doctors can't answer but another ostomate can. We want to prove to all those skeptics and non-ostomates who think an ostomy is the end of the world that, in fact, in most cases, it's the beginning. We are alive because we are ostomates!! ♦

Even the worse haircut eventually grows out.

OSTOMY SURGERY AND DEPRESSION

Sleeplessness, loss of appetite, feelings of guilt or worthlessness, irritability and a desire to be alone as well as a loss of sexual desire are some of the symptoms of depression. They can be triggered by the (believed) inability to participate in normal daily pleasurable activities, or by a sense of helplessness and lack of control over your body. Depression can also be caused by medications, stress, malnutrition, anesthesia, or metabolic imbalance. Patients who base their self-esteem on their physical appearance, their independence, the "always being in control—take charge" side of their character or their Good Samaritan behavior (always the helper or problem-solver) have a harder time dealing with their ostomy. Their lack of control over their bodies and their need to depend on others for help, even if only temporarily, is difficult to deal with. They have little energy for enjoyment of leisure activities or romantic involvement due to constant fatigue from efforts to cope with daily household or work routines while learning to adapt to the physical requirements of the unpredictable new addition to the body.

It takes some time to return to a normal lifestyle. Give yourself a year for a good recovery. If it should take less, consider yourself lucky. Do what you have to do in whatever way you are capable of doing it, but don't give more than a passing thought to the things you can't do right now. You might have to take some shortcuts, do some improvising, or even indulge in some healthy neglect. Above all, don't be bashful about asking for and accepting help. To not do so can result in feelings of isolation, depression and chronic anxiety. Most patients need a few months before they feel secure about being accepted. ♦

PUSH THE SKIN, DON'T PULL THE TAPE!!

via S. Brevard, FL Ostomy Association

Damaging the skin around the stoma (or anywhere else), is asking for infection. Don't peel your pouch away from your body. Take hold of an edge of the adhesive section or tape, and **PUSH THE SKIN AWAY FROM THE TAPE**. In older people and babies with thin skins, you can peel their skin off by pulling on tape. Take a good look at what is happening when you pull tape. The tape is pulled upwards, dragging the skin with it until it is pulling hard enough to break loose. It even looks painful. Owie! Owie! Now look at what happens when you push the skin away from the tape. It doesn't hurt and the outer layer of skin is not torn off, which sometimes happens with pulling. And these people who think yanking it fast is best, ought to take a good look at the skin afterward. If you have skin damage, digestive enzymes in the discharge will excoriate your damaged skin quicker, and deeper than if your skin is okay, or protected with some sort of skin preparation. The farther away from the rectal area the stoma is, the stronger the digestive enzymes in the discharge are, and the sooner your skin will become excoriated. Learn to treat skin gently!! ■

RESTORING INTIMACY

From *New Life Newsletter*, Charlotte, NC

Frequently, among the first things to enter a recovering patient's mind after major surgery is, "Will I be a whole person in the eyes of my spouse?"

Accepting oneself is the first step toward a happier marriage and sex life—at any time for that matter. By accepting oneself, one appears as an emotionally well-balanced and relaxed person, appealing to his or her spouse.

When one has fear of rejection, fear of being unable to perform or fear of being loved, the fears can be self-fulfilling. A healthy mutual, emotional caring for and about each other's well being always plays the most important role in a loving relationship.

Another most important ingredient is openness, a comfortable attitude that accompanies self-acceptance and invites acceptance by the spouse. If you are concerned about how your spouse will react to change in your body, that is normal. The hardest part is accepting what you cannot change, but you must for a healthy outlook.

Once you manage to banish fear of rejection and the anger of "Why me?", you can work toward building emotional health and toward becoming comfortable with your new image. Your spouse may have greater emotional hang-ups than you, that may be magnified by concerns for your emotional health. Your own positive attitude goes far in rebuilding the relationship and rekindling the "old spark". ♦

He who laughs last, thinks slowest.

How to Put a Smile on Your Face

By Carole Fleck; 2006-03-08 10:29:00-05:00 - AARP Bulletin

Martin Seligman, author of more than a dozen books and father of the positive psychology movement, says that "happiness-building exercises" can increase contentment because they can change a person's memory and perception of the past. To boost your own happiness factor, consider these three exercises.

EXERCISE ONE

The Three Blessings: Every night before you go to sleep, write down three things that went well that day and why they went well. After one week, continue to do the exercise (but you don't have to write it down).

RESULTS—"What we find is when people do [the exercise], they are less depressed and happier one month later, three months later and six months later," Seligman says. "I now find myself during the day looking for things I can think about before I go to sleep. So I go around processing the day for things that will be fun to call up to mind at 11 p.m. It seems to change memory, attention and the way you go through the day."

EXERCISE TWO

The Gratitude Visit: Think of someone who did something important for you earlier in your life, someone whom you haven't properly thanked and who is still alive. Write a 300-word testimonial about how that person touched your life, then call the person and ask to visit. Go to that person's home and read your testimonial aloud.

RESULTS—"Most people fall into each other's arms and weep. It's very cathartic," Seligman says. "We correlate life satisfaction with different personality characteristics—there are grateful versus ungrateful people and we quantify that. Gratitude is most highly related to life satisfaction statistically, so it's a good idea to do this exercise or some version of it. The less gratitude you have in life, the more unhappy you are."

EXERCISE THREE

Savor A Beautiful Day: Set aside a block of time—an hour, a half-day or a full day—to indulge in your favorite activities. Block that time on your calendar and do not let anything interfere. Next, carry out the activities just as you had planned. Savor each activity by being completely aware of the pleasure it brings you.

RESULTS—"Savoring refers to our awareness of pleasure and our deliberate attempt to make it last and to make it more intense. This exercise is about taking time out to appreciate and indulge yourself in the things in life which give you pleasure. This is a fun and important step to achieving happiness."

For Mother's Day

By June Jackson Verrett

Commissioned by God to bring forth life
A girl grows up and becomes a wife.
This one desire outweighs the others
No peace can she find till becoming a mother.

The job begins with the labor of birth
And continues as long as she stays on this earth.
Now forever divided her heart will be
One part inside her, the rest roaming free.

The whirlwind begins as she struggles to keep
A semblance of balance . . . a semblance of peace.
She's a teacher, a doctor, a chef and a drudge
A playmate, counselor and often a judge.

God knows the struggles a mother must face
So He nurtures her wisdom and shows her his grace.
He is walking beside her each step of the way
And He hears her heart calling as she kneels to pray.

Never forsaken, always embraced
The love of God shines in her face.
So now, **you** embrace her, and give her your love
For she has been chosen by God above.

Anna M. Jarvis (1864-1948) loved her mother dearly. It was Miss Jarvis who first suggested a national day to honor all mothers. At a memorial service for her mother in 1908, Anna gave a carnation to each person in attendance. On May 9, 1914, by an act of congress, President Woodrow Wilson proclaimed the second Sunday of May as Mother's Day. It is customary to wear white carnations in honor of departed mothers and red carnations to honor the living.

Whoever you are, wherever you are, on Mother's Day, remember your mother. Without her and your father, you would only have been a dream and a hope, never a reality. No wonder God gave us the commandment: "Honor your father and your mother..." God gave us life through them.

**"Happiness is having a large,
loving, close-knit family . . .
in another city."**

- George Burns

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ARE YOU DRINKING ENOUGH?

via Hemet-San Jacinto, CA Ostomy Association

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase while an increase in water intake can actually reduce fat deposits. This happens because the kidneys can't function properly without adequate water. When the kidneys don't work to capacity, some of their work load is dumped on to the liver. One of the liver's primary functions is to metabolize stored fat into useable energy for the body. If the liver has to do some of the kidney's work, it can't do its own job efficiently. As a result it metabolizes less fat, more fat remains stored in the body, and weight loss stops. Drinking enough water is the best treatment for fluid retention. When the body does not get adequate water, it perceives this as a threat to survival and begins to hold on to every drop. This stored water shows up in the form of swollen feet, hands, and legs. Diuretics offer a temporary solution at best. They force out stored water along with essential nutrients. Again, the body perceives this as a threat and will rapidly replace lost water. Thus, the condition quickly returns. The best way to overcome the problem of water retention is to give the body what it needs—plenty of water. Only then will excess stored water be released. If you have a constant problem with water retention, excess salt may be the problem. The more salt you eat, the more water your system retains to dilute it. But getting rid of unneeded salt is easy—just drink more water. As it is forced through the kidneys, the water washes away excess sodium. An overweight person needs more water than one who is thin. Larger people have greater metabolic loads. Water helps maintain proper muscle tone by giving the muscles their natural ability to contract and by preventing dehydration. It also prevents the sagging skin that usually follows weight loss. Make sure you drink about 2 quarts of water daily. ♦

The tea bag is an ostomate's best friend. You can drink tea, an antispasmodic, which is soothing to an upset stomach. It also provides fluid containing potassium and electrolytes so frequently lost from diarrhea. Coffee increases bowel activity!

**Remember . . . gratitude,
compliments and applause
are always welcome.**

SIGNS OF DEHYDRATION

✧ *Light-headedness* ✧ *Disorientation*
✧ *Hyperthermia (overheating)* ✧ *Weakness*

Most people don't think to drink unless they are thirsty. But thirst is not always the best indicator that your body's fluids need replenishing. And if you drink water to quench a thirst, chances are you will feel satisfied before your body has had enough hydration. That's because consuming pure water may depress the urge to drink. Add the electrolyte sodium, and you restore the salt-dependent thirst drive. Sodium helps suppress the kidney's urine output, which means that you retain fluids for a longer period of time. Drink some kind of liquid first thing in the morning to bring hydration levels up. Take frequent drink breaks if you exercise, and drink fluids after your exercise to replace those you have lost. ♦

LIQUIDS AND THE UROSTOMATE

via Tyler Chapter UOA , Tyler , TX

The distance from stoma to kidneys is markedly reduced after urinary diversion surgery and external bacteria have a short route to the kidneys. Since kidney infections can occur very rapidly and can be devastating, prevention is essential. Use clean appliances and empty the bag frequently. Equally important is adequate intake of liquids particularly those which make the urine acid and decrease odor problems. During warm weather, with increased activity or with a fever, fluids should be increased even more due to increased metabolism and perspiration. Symptoms of kidney infection are low back pain, chills, elevated temperatures, lower urine output, cloudy and bloody urine. (Normal mucous in the urine gives a cloudy appearance, but bloody urine is the danger sign.) Thirst is a great index of liquid needs. If you are thirsty, drink up! Develop the habit of sampling every time you see a water fountain. ♦

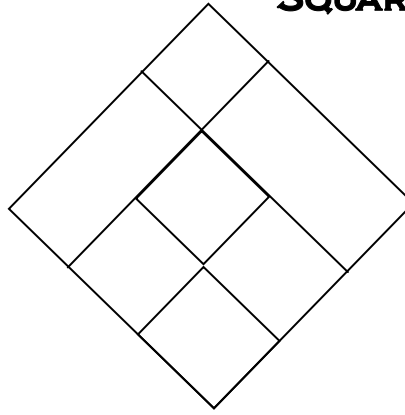
NEVER SAY TO A COP

1. Are you Andy or Barney?
2. You're not gonna check the trunk, are you?
3. Hey, you must've been doin' about 125 mph to keep up with me. Good job!
4. I thought you had to be in relatively good physical condition to be a police officer.
5. Gee Officer, that's terrific. The last officer only gave me a warning too!

SUDOKU

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	6			9	1			
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SQUARE DECISION



Observe this figure and determine how many small, medium and large squares it contains. This exercise requires good visual-spatial capacities, useful in evaluating distances, shapes and sizes of objects in your field of vision.

Stomahesive® Paste has a new, improved tube... Designed for Easier Application

For over 30 years, clinicians have trusted Stomahesive® Paste as an effective filler, sealant and protective skin barrier for their ostomy patients. The newly designed tube improves paste delivery in a number of ways:

- Longer neck allows for easier, more precise application
- Sturdy tube is easy to compress and holds its shape
- New blue cap is easy to locate

You can rely on Stomahesive® Paste to give your patients the same performance and benefits as before...

- Minimizes the risk of leakage and skin irritation
- Helps patients get the best fit and wear time from their ostomy system

Order Yours Today!

For more information, please call the ConvaTec Customer Information Center:
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Q. Do you know of a term that denotes the passing of a trademarked work, like zipper, into common usage?

A. An "eponym" is a proper name used generically. In the past, eponyms usually came from the names of people. Now they include once-trademarked names of brands, such as "aspirin", "escalator" and "thermos." You may be surprised to learn that the following are active trademarks and not generic: Dumpster, Frisbee, Jeep, Kleenex, Ping-Pong, Popsicle and Windbreaker.

Q. Why does eating a mint make a drink taste colder than it should?

A. Certain compounds in peppermint and other mints interact with the trigeminal nerve system in the nose and mouth. This sensitizes the nerves to cooling so much that even the evaporative effect of inhaling will make the mouth feel surprisingly cold.

Q. I heard that bees are color blind. So why are they attracted to bright flowers?

A. Bees can't see red the way humans can, but otherwise they have good color vision. Bees can even see colors in the ultraviolet range and appreciate many flowers in a way we can't.

*If you don't get caught,
did you really do it?*

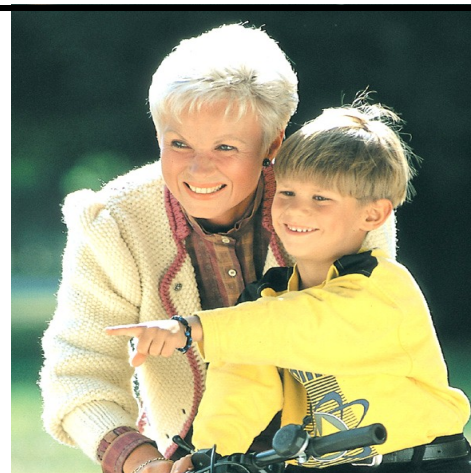
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NEWSLETTER ADVERTISING:

Please contact the newsletter editor for sponsorship and advertising opportunities.

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

General Data:

Name: _____ Date: _____
Street Address: _____ Phone: _____
City: _____ State: _____ Zip: _____ E-Mail: _____
Surgery Date: _____ Birth Date: _____
Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

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 have enclosed an additional \$ _____ as a donation to support the association's mission of helping ostomates.

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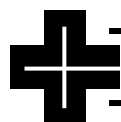
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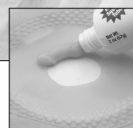
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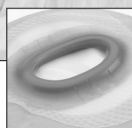
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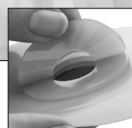
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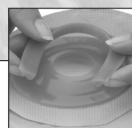
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