



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.

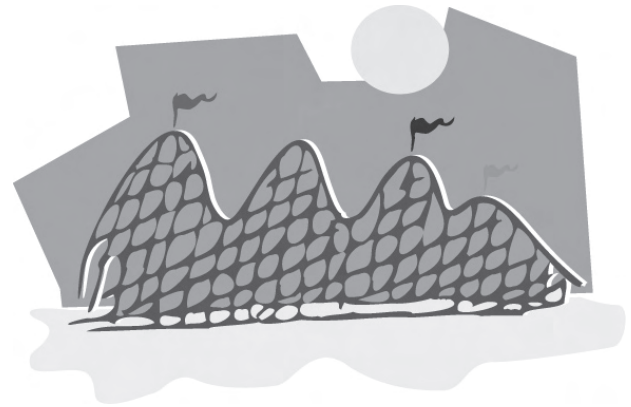
P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Emotional Issues of Ostomy Surgery

By Mark Shaffer UOAA UPDATE 2/10

As a new ostomate you can expect to experience a number of often conflicting emotions during the weeks and months following your surgery. Relief that the ordeal of surgery is over and that your recovery is progressing, joy because you're still alive, and perhaps hope because you feel better than you have in years and new possibilities are opening for you. These are some of the more positive feelings you will experience. But you may also find yourself frightened and confused. It is a natural and nearly universal experience for a new ostomate to become frustrated with that new appliance and to worry about how life will change because of it. It is also common for a new ostomate to engage in a trace (or more) of self-pity (the "why me?" syndrome). These negative feelings can combine to cause introversion, depression and even a kind of immobilization where it is just too frightening to walk out the front door, and resuming your place in the world seems beyond all possibility.

First, and foremost, as a new ostomate you should try to stay focused on the things that are positive in your life. I have yet to meet an ostomate who, given a choice between "ostomy" and "no ostomy," would choose to have the surgery. But your decision was more complicated than that and probably involved choices between life and death or between a meaningful life and a life dictated by debilitating illness. Always remember that while an ostomy might not be the kind of thing you would ask Santa for, it



is invariably better than the alternatives. You are alive and nothing else (including that clumsy-clod feeling you get when you change your new appliance) is as important as that.

Second, don't ignore the negatives. Denial gets you nowhere and negative emotions will not go away simply because you ignore them or pronounce them uncontrollable. There are several ways to address these issues. I'm a big fan of UOAA meetings. At these meetings, you see and meet other ostomates and soon learn that we look like everyone else and lead lives that are really no different than those lived by others. Amazon.com has a nice collection available or you can call your local bookstore. Surgical-supply stores sometimes carry helpful literature or (as is true with virtually any ostomy-related issue) your WOCN nurse can help.

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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Patient Visiting and Support Services

Doctors and ET Nurses, please note:

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

Central Group News

We had 22 in attendance at the April 19 Central Group Meeting as we listened to Patricia Carroll, the Insurance Specialist, who learned how the insurance companies operate by working for them in various capacities before she decided to become a consultant and consumer advocate. She let us know that health plans make much of their money by counting on the fact that only 1 out of 10 people will challenge the denials made by their cost containment representatives. However, she did let us know that unless the services or supplies are explicitly excluded from your health plan, you should receive those services or supplies, if they are deemed to be **medically necessary by your physician—not the health plan's physician**. By law, you and your physician must receive a letter that a service has been denied, reduced or substituted and the reason the service has been denied. She then went over what was needed to submit an appeal that would have the highest probability of being successful. Remember that there are time limitations within which you are able to file an appeal, so you should not allow any lengthy delays before appealing. The appeal letter must contain the company's claim/case number and be concise and specific as to the denial and have copies of all the supporting especially medical documentation such as given below:

- The patient's relevant medical history,
- Any failed attempts of the proposed treatment,
- A copy of the health plan's covered services, and
- Any other documentation that may be relevant.

After you and/or your physician have written the formal appeal letter, the most important thing you can do is:

Copy the letter to a state agency and a state legislator. In Texas the relevant state agency is:

Texas Department of Insurance
333 Guadalupe
Austin, TX 78701

Texas Department of Insurance
P.O. Box 149104
Austin, TX 78714-9104

(512) 463-6169 - 800-578-4677
Consumer Helpline 800-252-3439

We hope to be able to put a copy of Ms. Carroll's PowerPoint slides and a copy of the MS Word Sample Appeal Letters like she handed out at her presentation on our website <http://www.ostomyhouston.org>.

During the meeting we also handed out a survey put together by some WOCN nurses from Duke University which all the ostomates at the meeting filled out so that we can send it back to them. I will be sending the survey forms to our Satellite Groups as well so that they may fill them out and send them in also. The

results of this anonymous people with ostomies survey will be published in the Phoenix and one of the WOCN Journals.

Clarice Kennedy, our own CET and member and ostomate, has consented to do the program at our May 17th meeting. She will be answering ostomy related questions and concerns that many of you have been wondering about and probably specific questions that you have asked her.

Hope to see you all on May 17.

Terry Marriott
President OAHA

Northwest Group News

The Northwest Group enjoyed a comprehensive presentation by Marsha E. Hakim, MS, RD, LD on "Eating Healthier & Feeling Better Using the Nutrition Facts Label." Ms. Hakim showed everyone how to interpret the improved nutrition labels now found on most food items. The new features include the serving size, calorie content and detailed nutritional information. Using the label information, diet, recipes, and shopping habits can be tailored to promote better health through nutrition.

The key areas presented included portion control combined with heart healthy dietary habits inclusive of fruits, vegetables and whole grains. Overall health is a combination of what you eat and what you do. Ms. Hakim stressed that by achieving and maintaining a healthy weight would reduce your vulnerability to many diseases. These new nutrition labels can be used as a tool to monitor the fats, salts, fiber, sugars, protein and nutrients. Each label also shows the percentage of daily value for each area. To simplify reading the labels, use the daily percentage value as a guide. High percentages of fiber, protein are much preferred over the same percentage for fat, salt and sugar. Ms. Hakim concluded her presentation by reviewing various food groups and their benefits.

Next Month's program – Terri D. Anderson, RMT/Owner of Massage Oasis

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

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

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.

Baytown Group News

The April meeting of the Baytown Ostomy Support Group was well attended with a presentation by Ostomy Care Specialist, Polly Burleson of ConvaTec. Polly shared a hands-on overview of the Stomahesive and Durahesive materials that are used to formulate ostomy wafers. By touching and feeling the differences in the materials that go into making the various wafers, participants were able to see why specific wafers are better suited for certain types of output and skin. With a “back to the basics” discussion for accessories, several ostomates identified areas where they could change their technique and perhaps gain longer wear time in return. Everyone was given a ConvaTec request card to request samples if desired.

Group welcomed Carla back from her visit of last month and said hello to Lynn, new member for April.

For next month, we have invited Dr. Marcus Aquino, a Colon/Rectal Surgeon to present on the topic of peristomal hernias. We hope you will join us!

Next month: May 3, 6:00-7:00 p.m.

Cindy Barefield, RN, WOCN

281-420-8671



Mother's Day Humor

My mother taught me LOGIC.
“Because I said so! That’s why.”

My mother taught me the CIRCLE OF LIFE.
“I brought you into this world, and I can take you out.”

My mother taught me IRONY
“Keep crying, and I’ll give you something to cry about.”

My mother taught me RELIGION.
“You better pray that will come out of the carpet.”

My mother taught me about JUSTICE.
“One day you’ll have kids, and I hope they turn out just like you!”

My mother taught me HUMOR.
“When that lawn mower cuts off your toes, don’t come running to me.”

Take Steps

The Ostomy Association of the Houston Area will once again be participating in the **Crohn’s and**

Colitis Foundation of America (CCFA) Take Steps fundraising event here on **June 12, 2010**. This event is aimed at raising funds to support research and patient education involving Inflammatory Bowel Disease (IBD). Next to cancer, IBD is the second highest contributor to ostomy surgery. CCFA is one of the highest ranked non-profit organizations and 79.3% of its contributions go directly into programs and research.

If you would like to join us, contact Team Captain Pat Thompson at 281-397-2799. Contributions can be made online at www.cctakesteps.org,—look for the Group Ostomy Association of the Houston Area. To date, Team OAHA has raised a total of \$150.



Which Pouching System Is Right For You?

By Gwen Turnbull, BS (a pioneer ostomy nurse) Via: Northern Virginia Pouch

Reprinted with Permission from the Evansville, Indiana Chapter Newsletter Editor Larry Trapp

With so many ostomy products available, it’s hard to know which one is right for you. Regardless of the brand of product or type of surgery you have, there are a few basic features an ostomy pouching system must have to give you a sense of security and confidence. First, it must contain urine or stool, gas and odor without leaking. Second, it must help protect the skin around the stoma from the damaging effects of stool or urine. Third, the systems should remain in place for a sustained and predictable wear time. Wear Time—This means you should be fairly certain your pouching system will remain intact without leakage for a definite period of time. That time period varies among individuals and ranges from 24 hours to 7–10 days.

Wear time—has a lot to do with the amount and character of your output, the climate in which you live, your daily activities, and the type of skin barrier you use.

Output—High volume liquid output will melt standard, pectin-based barriers faster than the more modern synthetic extended-wear barriers. Using a skin barrier paste as ‘caulking’ around the stoma or a ‘bead’ on the back of the skin barrier, can help increase wear time and skin protection.

Visibility/Intimacy/Cost—Once the above criteria have been met, look at other pouching system features that might impact the way you feel about yourself. For example, is the pouch visible under your clothing, and does that determine your feelings about yourself during periods of intimacy? Do ostomy supply costs, or worry about them, overwhelm you?

(continued on page 4)

Which Pouching System Is Right For You?

(continued from page 3)

Your Adjustment—Researchers believe that such concern can affect your adjustment to, and satisfaction with, your life after ostomy surgery. That's why it's important to look at the fine distinctions about ostomy pouching systems. Consider a system's wear time as it relates to its costs. Calculate your ostomy supply costs on a yearly total-cost basis rather than a cost per change basis. You may find that an inexpensive pouch that must be changed daily costs more in the long run than the more expensive pouch you can wear for three days.

Conclusion—Investigate the size, shape, color, contour, profile and ease of application and emptying of a variety of pouching systems. Which one will be right for you? The one **you feel** is right for you!

Editor's Note: All ostomy manufacturers will be glad to send you free samples if you will contact them. Most manufacturers advertise in the Phoenix magazine and also your ostomy nurse can make suggestions.

Local OAHA May Elections

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

Marian Newman	3 years (repeat term)
Denise Parsons	3 years (repeat term)
Ann Mueller	3 years (replacing Ed Wood)
Dale Whittington	2 years remaining of a 3 year term. Mr. Whittington will be finishing the term of Marjorie Tucker who recently resigned.

Please join us at your local group meeting and cast your vote.

Ostomates on Everest

Rob Hill (adventure athlete, Crohn's patient, ostomate, Great Comebacks Global Ambassador and friend of UOAA) has begun his final challenge in the No Guts Know Glory Seven Summits Campaign—tackling the highest peak in each of the seven continents. Everest is the last peak Rob needs to summit to complete his mission.

A feat only achieved by a handful of individuals to date, Rob will be the first Canadian with Crohn's disease and an ostomy to complete all seven summits. Rob will be joined on his trek



to Everest Base Camp by several other ostomates, including Tony Bell, Youth Rally counselor and 2009 Great Comebacks winner. You can follow Rob and Tony's journey to the highest summit on Earth at: <http://nogutsknowglory.com>. Take advantage of technology to share in their journey via incredible photographs, blogs and updates.

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Terry Marriott 713-668-8433
 marriot@rice.edu
Meeting: **May 17, 2010**
Program: **Guest Speaker: Clarice Kennedy** will be answering ostomy-related questions and addressing concerns that many of you have been wondering about.

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of San Jacinto
 Methodist Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **Monday, May 3, 2010**
Program: **Guest Speaker: Dr Marcus Aquino**, a Colon/Rectal Surgeon will present a program on the topic of peristomal hernias.

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 18, 2010**
Program: **Guest Speaker: Terri D. Anderson, RMT/Owner of Massage Oasis**

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: **Monday, May 17, 2010**
Program: **Roundtable**

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 and sent to:

Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards

Kroger 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.

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
P. O. Box 25164
Houston, TX 77265-5164

(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 or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.



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

It's All Here!

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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

Annual subscriptions: \$25 (4 issues)

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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 _____

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 |

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

☐ 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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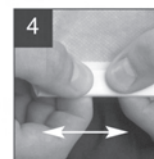
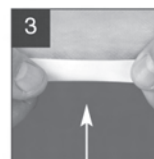
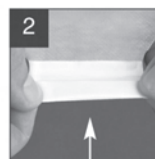
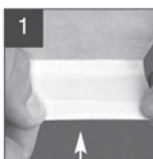
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