



# Ostomy Association of the Houston Area

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://www.ostomyhouston.org)

## What's Normal for Your Stoma

*Original Article by Liz OConnor, RN, CETN*

*Edited by B. Brewer, UOAA Update 4/11*

Color should be a healthy red. Usually the stoma is the same color as the inside of your intestine. If the color darkens, the blood supply might be pinched off. Make sure your skin barrier or wafer is not too tight. This can vary according to the barrier type, as some require a small gap between your stoma and the barrier material, while others are intended for a snug fit where the wafer material actually touches your stoma. If, in the unlikely occasion, the stoma turns black, seek treatment at once. Go to the emergency room if you cannot locate your doctor.

*Note: Blockages should be evaluated by a physician to determine if it is from food impaction...or from other reasons, such as a kink in the bowel or adhesions/scar tissue.*

- 1. Possibility of a little blood when cleaned.** This is to be expected. Do not be alarmed. Just be gentle when cleaning.
- 2. Ileostomy stomas will flow intermittently and stool will be semi-solid.**

If you notice that the stoma is not functioning after several hours and if you develop pain, you might be slightly clogged. Try sipping warm tea and try getting in a knee-chest position on the bed or on the floor. (Have your shoulders on the floor and your hips in the air. Gently rock back and forth in this position, in an attempt to dislodge any food that might be caught). If you do not begin to function after a couple of hours and have nausea or pain in the abdomen, call your physician. If you cannot locate your physician readily, go to an emergency room. In the meantime, your stoma might begin to swell. Remove any pouch with a tight barrier/wafer and replace it with a flexible one with slightly larger stoma opening.

- 3. Colostomies located in the descending or sigmoid colon:**

Colostomy stomas should function according to what your bowel habits were before surgery (daily, twice daily, three times weekly, etc.). Some individuals manage their colostomy with diet and some prefer irrigation (process to wash out a storage area in the colon). Pouching systems may vary according to your management method. (open-end drainable, or closed end security pouch).

*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.*

## 4. Urinary Diversions

Urinary diversions function almost constantly (with slow, light output) The urine should be yellow, adequate in volume and will contain some mucus. If the urine becomes too concentrated or dark, try increasing your fluid intake. If the mucus becomes more excessive than usual, you might have an infection. (It will probably also have a stronger odor and you may have a slight fever). Consult your physician if this happens.

**In Summary:** At any time, if you have concern that your stoma is not functioning normally, please seek help. The cause needs to be evaluated. If your problem is a serious one, it needs to be corrected. If it is not serious, you will be relieved to know that your stoma is alive and well.

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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

On Monday April 18th, the Central Group of the Ostomy Association of the Houston Area had 23 in attendance at their meeting.

We started out introducing the new people attending the meeting, including Arlene Ehlers and her husband Robert who were there in support of Katherine Jeter who is a WOCN and is bicycling from San Diego, CA to St. Augustine, FL to raise \$200,000 for WOCN scholarships. Katherine passed by just north of Houston at Navasota, TX on April 6th and is due to arrive at St. Augustine, FL on April 28th. If you wish to read an article about Katherine's ride, there is a good one at the following website:

<http://www.goupstate.com/article/20110125/ARTICLES/101251008>

Arlene attended the same ET school as Clarice Kennedy in the early 1970's.

Dorothy and Tom Andrews brought a new ostomate, Dottie, to the meeting. We also welcomed Christina and her husband Manny; Christina is going to have urostomy surgery soon at Methodist Hospital.

Our main presentation was by Ken Lambert who is a "Funeral Negotiator" who negotiates less expensive and often more desirable options for a family needing to plan a funeral. He presented some very interesting information and gave everyone a packet with a funeral planning guide and other literature that urges people to consider and compare all the possible options and all the available prices for a funeral that will follow all the wishes of the deceased and their family. Funeral home directors and sales people tend to direct families to the most expensive upgrades that they think the family can afford with services at their funeral home, whereas, Ken suggests that a church service at the deceased's

church might not only be more appropriate but also less expensive than at the funeral home. Also, if the family does not have a burial plot, funeral homes try sell the family a very expensive plot probably not even near where other family members are buried, but Ken suggests that many times other families have plots that they are not planning to use that they are willing to sell at reasonable prices (generally much cheaper and possibly closer to where the family would like it), and Ken has ways of finding these families with plots for sale. Ken charges a fee based on the amount he has helped the family save, on the honor system as he says. And if the family with which he is talking decide to go with all the funeral home suggestions and to not save with Ken's suggestions then they owe him nothing.

Our Newsletter Editor, Patti is the OAHA team captain for the CCFA Take Steps Walk that will be taking place on Saturday, May 14. Registration starts at 4 p.m. and the walk starts at 5 p.m.; there are 15 in the team and \$1,510 has been pledged or given for our team walkers so far. The website where you can sign up to walk or to donate for a walker is:

<http://www.cctakesteps.org> (Select "find a walker" and then enter Patti Suler or Ostomy Association of the Houston Area.)

Our May meeting for the Central Group will be on Monday, May 16th and we will be having a presentation by Colleen Reeves, RN, WOCN who is a nurse at MD Anderson Hospital and has also acted as a counselor at Youth Rally Camp for kids with ostomies and related physical problems.

Hope to see you all on May 16th.

### Terry Marriott

President, Ostomy Association of the Houston Area

## Northwest Group News

The Northwest Group had 17 in attendance to hear Patti Suler's program on volunteer opportunities within our organization. Her program was inspired by a recent modification to the membership application. A simple statement "I am interested in volunteering." was added. Positive responses were lacking. OAHA collected 29 volunteer pledges to over 63 opportunities after the presentations (Central Group last month). Go OAHA! Pat Thompson generously provided pizza and Gay Nell brought drinks and dessert.

Our next meeting will be hosted by Christy Bizzell, a Physical Therapist with close to twenty five years in practice. Ms. Bizzell is also a Certified Functional Manual Therapist. Her presentation is "Exercise for the Ostomate" and specially prepared for our group.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

## Local OAHA Upcoming Elections

Please plan to attend and vote for these nominees at the May Meeting. The nomination committee has submitted the following names for the upcoming Board of Directors' election:

**Terry Marriott** is nominated for a new 3-year term as a board member, his Presidency is term-limited and will end this June.

**Lorette Bauarschi** is nominated for a new 3-year term as a board member, her Treasurer position is term-limited and ends June 2012.

**Jenrose Foshee** is nominated for a new 3-year term as a board member to replace Dale Whittington, whose term expires this June.

**Suzanne Hill** is nominated to complete the remaining 2 years of a 3-year term for Anne Mueller, who has resigned from the Board.

## Baytown Group News

April was a great month to focus on physical fitness! Baytown Support Group was privileged to have Laura Weldon, Exercise Physiologist with the San Jacinto Methodist Hospital Cardiac Rehabilitation Program join us. Laura peaked the interest of the group with a fitness quiz that brought into focus many of the misconceptions we face regarding exercise, metabolism and nutrition today.

Laura challenged each of us to meet these four goals:

- 30 minutes of activity/day—This may be broken up into three ten minute sessions; it does not have to be continuous.
- Warm up and cool down—then go for brisk pace. Muscles (heart) need a chance to cool down (do not stretch cold muscles).
- Pay attention to how you feel—Moderate level of effort (intensity) “talk test” should be able to talk during exercise (If you can sing—you need to work harder!)
- Only increase intensity after improvement is seen.

Find an exercise activity you enjoy—walking, biking, yoga, water aerobics, swimming, step aerobics, gardening, tennis, dancing, golfing, pilates, etc.

Incorporate more movement in your day. Park farther away from the door, walk the dog, take a lap around the store before your start shopping.

Another way to add movement to your day—Each of us received two water bottles to use as exercise equipment during the commercial breaks of our favorite TV shows.

Meeting in May is scheduled for a presentation by Dr. Boutros Kahla on Hernias. We hope you will join us.

**Cindy Barefield, RN, WOCN**  
281-420-8671

## UOAA Convention

This national level event occurs only once every two years. If you have never been, it is worth the effort. Every first timer has come back and shared about the numerous ways they enjoyed the information,

people, and workshops. Time is ticking away. Don't wait any longer to make your reservations. Rates for the Conference Registration will go up on June 15th and the last date to get our great hotel rate is July 14th. The dates of the Conference are August 7 – 11.



## Website Upgrade

The Ostomy Association of the Houston Area is proud to unveil its newly upgraded website. Our old site was carefully updated over a year's time by Scott Hiett. The new site features clean, crisp colors, easy-to-read fonts and all links are cross supported throughout the paging. Our website is instrumental in providing information to new ostomates about our existence, our meetings and newsletters. You can check it out at **[www.ostomyhouston.org](http://www.ostomyhouston.org)**



## Avoiding Blockage

*By Patti Suler*

You are having dinner, enjoying the company of others, then while somewhat distracted, you swallow quickly so that you can share your thoughts on the current discussion topic and STOP. Your throat has just signaled that what you just swallowed was a bit bigger than intended. You pause, thinking quickly to recall what you were eating and then the worry begins. Did you just contribute to a possible blockage?

Food blockages are a concern for colostomates and ileostomates because our 're-tooled' digestive tract now resembles a funnel with a big opening for entry and a smaller one for exit. The #1 behavior addressed to all new ostomates is CHEW. Chew your food well, completely, take your time, small bites. Chew your food with the exit strategy in mind.

Practice good chewing habits so that when distracting situations occur, you will automatically do the right thing. Cut your meat into smaller pieces. Lay your fork down between bites. Practice chewing completely each time before swallowing. Leave the clock watching behind and savor the taste, texture and flavor of your meal. Pay closer attention when eating higher risk foods such as mushrooms, onions, and fiber rich vegetables.

Caution: Good chewing habits can lead to weight gain! Enjoy your meal.

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.

**WOCN and ET Directory**

Cindy Barefield, RN, CWOCN (281) 420-8671

Clarice E. Kennedy, CET (713) 647-8029  
cekennedy1@peoplepc.comCharlene Randall, RN, CWOCN (713) 465-8497  
Specialty Wound & Ostomy Nursing, Inc.  
charlene@swoni.comPat Thompson BSN, RN, CWOCN (281) 397-2799  
Pat.thompson@tenethealth.comCatherine Walsh RN, BSN, CWOCN (409) 747-3070  
UTMB @ Galveston Fax: (409) 747-3038  
cmwalsh@utmb.edu

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

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3/11 SG HLFAD

**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 16, 2011****Program:** **Guest Speaker: Colleen Reeves, RN, WOCN, MD Anderson Hospital, counselor at Youth Rally Camp for kids with ostomies/related physical problems.****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:** **May 2, 2011****Program:** **Guest Speaker: Dr. Boutros Kahla will speak about hernias.****Northwest Group****Monthly:** Third Tuesday of the month**Time:** 7:00 p.m.**Place:** NW Medical Professional Bldg., (The Cali Bldg.)  
17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)**Contact:** Tony Romeo 281-537-0681  
sa1tmr@sbcglobal.net**Meeting:** **May 17, 2011****Program:** **Guest Speaker: Christy Bizzell, Physical Therapist, will present "Exercise for the Ostomate."****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 16, 2011**

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

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



## 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 address shown at the right (in the box).

### Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:  
<http://www.ostomyhouston.org/>

### Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address at the top right (in the box). When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

### Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Lorette Bauarschi, Treasurer, at 713-582-0718 or [lbauarschi@sbcglobal.net](mailto:lbauarschi@sbcglobal.net) or send your request to the provided address at the top right of this page.

### Donation of Supplies

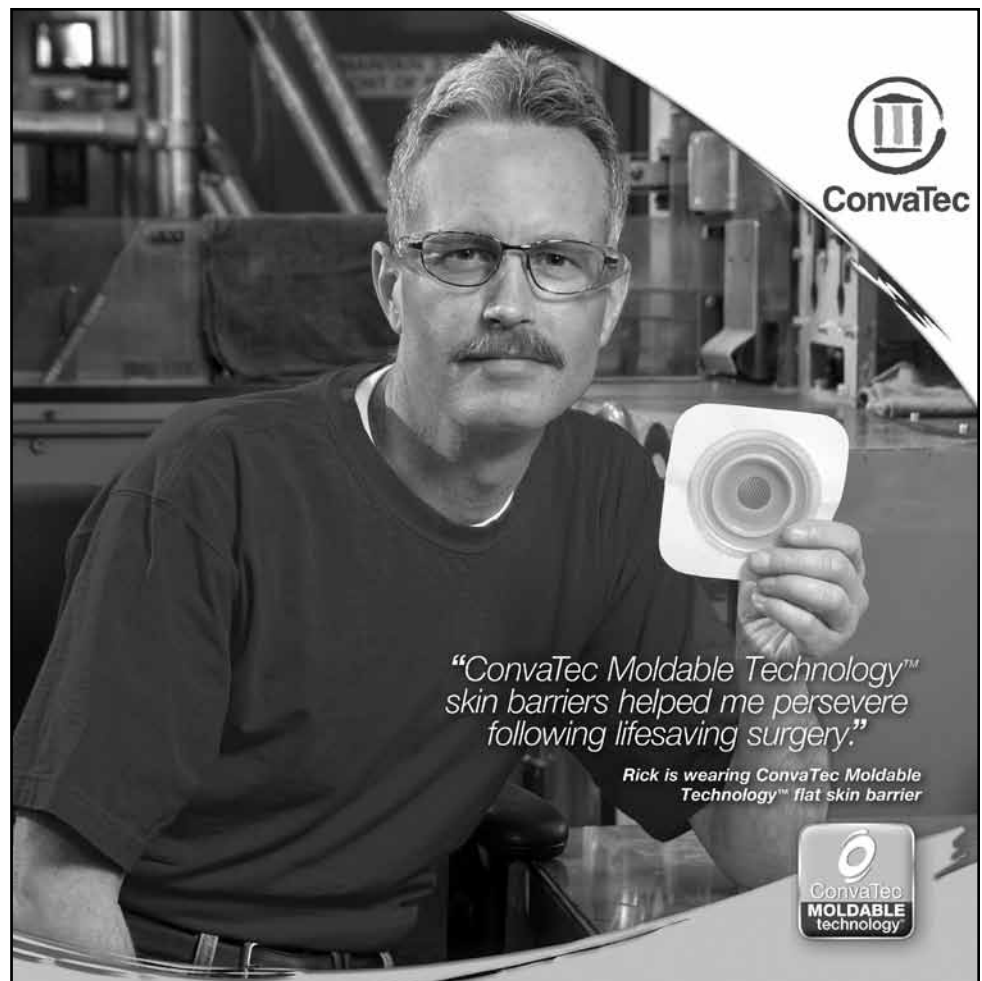
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

### 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 address at the top right.

**For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:**

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



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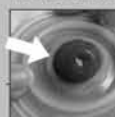
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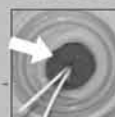
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## Membership Application

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

☐ ET 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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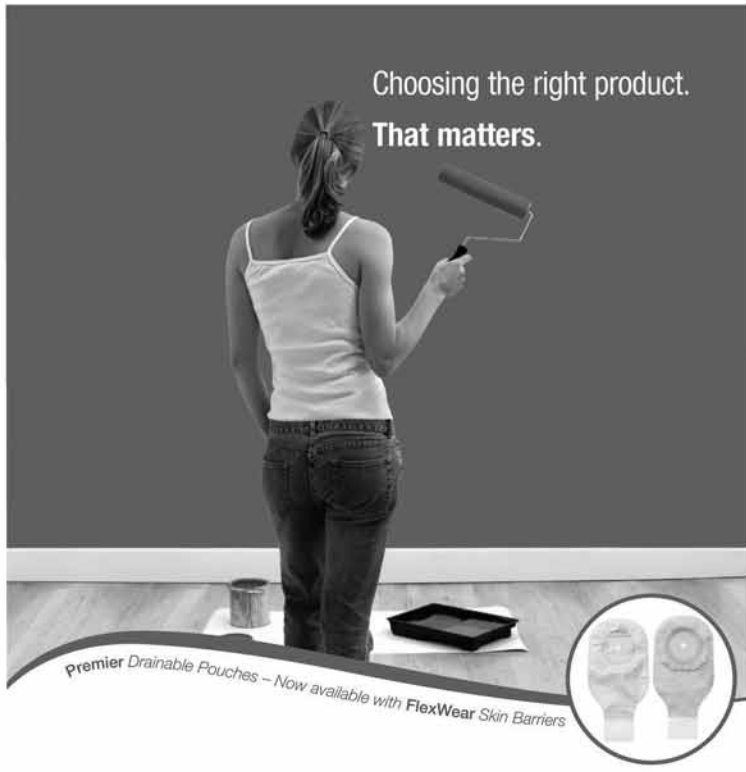
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