

Ostomy Association of the Houston Area

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

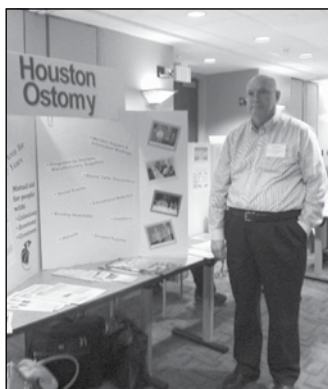
We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

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

Outreach Update— Methodist Vendor Fair

By Ed Wood

My wife, Gladys, and I went to the conference to set up the booth at the Methodist Hospital vendor's fair. It was very successful. I talked to all of the WOCNs at Methodist. One nurse, Josephine, said that each month she ran off 50 copies of the newsletter that we send by email. The patients were interested in the information about us. I saw many nurses who receive the newsletter each month and was able to put faces with names that I recognized. I added three more names to our email list—two were from Texas Children's Hospital. I handed out many newsletters and brochures about the Youth Rally in July and provided Dorothy Andrew's number for visitations and phone talks with patients of the nurses. They had nurses from other parts of Texas and Louisiana. One nurse was interested in getting a group formed in Sugar Land. She said that they were getting more patients in the area. Our next opportunity to set up our booth will be the MD Anderson conference on September 14–15.



Ed Wood represented OAHA at the Methodist Hospital Vendor Fair

The Ostomy Association of the Houston Area can provide a staffed educational booth with materials that is available upon request for professional vendor fairs and programs. If you are interested in having our organization represented at your next gathering, contact our Outreach Chair Ed Wood at 281-493-5015 or ewood6@comcast.net.

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.

Folliculitis—A Hairy Problem

By Kathy Dahn, RN, Riverside Health Care

Edited by B. Brewer, 12/2011 UOAA Update

This is an article about an annoying peristomal skin condition, folliculitis. This issue primarily applies to hairy men, as women seldom have much hair on their bellies. In fact, abdominal wall hair can be so strong that it can grow out through a skin barrier or waterproof barrier tape sticking straight up like blades of grass. If I had not seen this myself, I would never have believed it. Needless to say, when you remove the skin barrier when the hair is caught like this, it is going to be painful. It is like those wax jobs you see on TV.

As if the pain is not enough, this type of hair removal can cause folliculitis, which is an inflammation within the hair follicle. Removing the skin barrier in a rough manner and dry shaving can also cause folliculitis. This condition presents itself as reddened bumps on the peristomal skin. This redness may be confused with yeast infection. However, if you look carefully, the redness is only

(Continued on page 3)

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.

In This Issue

Outreach Update	1
Folliculitis—A Hairy Problem	1 & 3
Group News.	2
Take Steps Walk	3
Board Nominations	3
What Would You Do If...	3
Get Your Guts In Gear Ride.	3
Humor.	3
WOCN Directory	4
Meeting Dates/Times	4
Opportunities and Announcements	5
Membership Information.	6
Advertising Support	5-7
Contact Information	8

Central Group News

Our April meeting was attended by 19 members and one guest who recently moved to this area. Our speaker was Dr. Jennifer Meeks, Doctor of Audiology, from the University of Houston, University Speech, Language, and Hearing Clinic. Dr. Meeks provided information about different kinds of hearing loss, the social, emotional, behavioral effects of hearing loss, and discussed solutions for hearing loss. The goal of advanced hearing instruments is to help you have the kind of life you want with the hearing you have. Once hearing improves, patients report significant improvements in their quality of life, in personal relationships, improved self-esteem, and in overall health. Dr. Meeks provided a brochure with ototoxic medications that can cause hearing loss and tinnitus. The University Speech, Language, and Hearing Clinic is funded by the United Way and makes hearing evaluations and hearing aids available at a greatly reduced cost to low-income persons who need hearing aids. Please contact me if you would like more information about the clinic or the information presented by Dr. Jennifer Meeks.

I want to thank Ed and Gladys for attending the Methodist Hospital WOCN Conference. Ed met and talked with several WOCNs on our email list and found they are passing the newsletters and information about the group on to their patients. Other WOCNs signed up for our newsletter.

Caleb Alford has been accepted as a Counselor for Youth Rally this summer in Boulder, CO. This organization is honored to pay his registration fee. We were inspired by Caleb's enthusiasm for the Youth Rally and were moved by his stories of how meaningful the Rally is for these special kids. For the first time, many of them meet others with similar physical conditions. They are not the odd one for that week; they are just one of the crowd. They learn skills and gain confidence that will help them be more independent as they grow. They also meet friends for life.

Many of you read about Kathleen Duplessis running the Boston Marathon this week. According to the race web site, Kathleen completed the race in just a little over 5 hours. Congratulations!

Our thoughts and prayers go to Clarice who has had a setback and is still recovering at home.

Our May program will be presented by Frank Essig from Hollister. I hope to see you there to share your experiences, learn something helpful, and support new ostomates.

Regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

Jenny Jansson-Smith a representative with Stomocur visited our Northwest Group. We had 14 members who were able to speak with Jenny and ask questions concerning Stomocur's new product line for 2012. Jenny brought some marketing tools to help with her presentation. A primary concern for Ostomy patients relates to the use of tape, and those who have allergies to tape.

As someone who uses Ostomy products on a daily basis, comfort is paramount for me and I'm sure for others. Stomocur's product line were soft to the touch, and came in a variety of sizes in convex and pre-cut. To simplify purchases, companies like Edgepark started accepting most forms of insurance, so more patients can have access to Stomocur products. Jenny provided some helpful advice when it comes to the adhesion of the products. The overuse of pre-adhesives, like powder or wipes, can cause the separation of the wafer from the skin, so it is best to use caution in the application of the product. It is also important to ensure you warm the wafer at least 45 seconds prior to placement on the affected area, to ensure a proper grip.

We want to thank Carol for bringing the wonderful cakes and Pat for the coffee. Both went over well with the group. We are glad Carol is back—she had a close call. Remember those that are near to your heart, for at a moment's notice they could be gone. Give thanks they are in your life and always say a prayer wishing everyone well. —Craig Cooper

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Baytown Group News

April's meeting met a goal the group had set at the first of the year to know more about clothing options for ostomates. Polly Johnson, ostomy specialist, has a working relationship with the founder and owner of Ostomy Secrets®. Polly was able to bring information and product samples to our meeting. We had one satisfied customer in attendance who was willing to share his success story with the product. Ostomy Secrets® was created by an ostomate, is run by persons who have an ostomy and the company has products just for ostomates. The Ostomy Secrets® website offers a monthly newsletter with some great info and reasons to smile! Check it out at www.ostomysecrets.com or the phone number is 877-613-6246.

Our next support group meeting is Monday, May 7th. We are scheduled to have a presentation by Hollister. We usually have a big crowd when Frank Essig is here. Come find out the latest info on Hollister products and services!

Cindy Barefield, RN, WOCN
281-428-3033

Folliculitis—A Hairy Problem *(Continued from page 1)*

present in the hair follicle. The bump may look like a pustule. What is the solution to this hairy problem?

Many men find they must shave the peristomal skin with each change of their skin barrier. In the past, the ostomy literature has always recommended using an electric razor. I personally have never had great success with this method, although I have heard that some folks do very well with the newer small razors that were designed for trimming mustaches and sideburns. If you use a safety razor, as we do in the hospital, be sure to apply sufficient shave cream so that this is not a dry shave. In addition, be gentle.

Most shave creams have emollients so you will need to wash the skin very lightly with a plain soap afterwards. Be sure to rinse your peristomal skin well so that no soap residue remains. If the skin is very irritated and itchy, we have found that Kenalog spray or Desonide lotion is extremely helpful. This is a steroid (cortisone) solution, which decreases the itching and irritation dramatically. Apply these lightly, and then allow drying completely prior to putting on your new skin barrier. These medications have a slightly oily base, which means your skin barrier probably will not stay on as long as you are accustomed. This procedure will relieve the itching and promote healing.

Skin heals better covered by a skin barrier than it would if aired out. Do not use any steroidal spray as part of your regular changing routine. Steroids are absorbed into your system through the skin. Moreover, steroids will thin the skin, compounding peristomal skin issues. If there are actual pustules around each hair follicle, you may need to use an antibiotic powder such as Polysporin powder to clear the problem. All the products mentioned above require a prescription to obtain. Folliculitis is not as common a concern as skin breakdown or yeast infection, but it is very annoying when it happens. I hope that these hints will help.

Please join our team and come walk with us on May 19th at Discovery Green or donate to our efforts if you are unable to attend! Visit the link below for more info!

<http://tinyurl.com/77awt5w>

Thank you so much!

Pat Thompson BSN, RN, CWON
2012 Team Captain

TAKE STEPS
FOR CROHN'S & COLITIS

Local OAHA Upcoming Elections

Ron Cerreta, Mary Harle, and Clarice Kennedy have been nominated to serve on the Board of Directors to be voted on at the May OAHA meetings.

What Would You Do If...

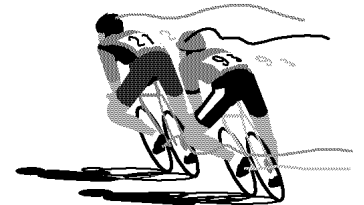
By: Ellice Feiveson, Metro, MD

Reprinted with permission from *The Right Connection*, Ostomy Association of San Diego, Inc.

Trust me, every ostomate has had or will have an “ostomy accident”. By accident, I mean a pouch leak of some kind. The question is, “are you prepared in case an accident occurs away from home?” Not so much prepared as far as having a change of clothes and extra pouches, but prepared emotionally to deal with the unexpected mishap. The reality of it is that every ostomate must think of what he or she would do if at a party, in a restaurant, work or anywhere else, your pouch leaked because it wasn't on securely, or the clasp came off and the contents were spilling out. The question is, “what do you do if you feel your pouch is not on securely or you feel wet around your pouch? First of all, you think that everyone is noticing you and knows what's happening. Actually, you are probably the only one who knows what's happening. Stay calm. Go to the nearest bathroom and take care of business. Most likely, your friends are continuing their conversation in the restaurant or in your workplace and no one knows you are temporarily missing. When I encountered an accident while I was in a group situation, I just removed myself and took my time in freshening up and rejoined my friends. No explanation is ever necessary! The more outings you take and the more public situations you are in, the more confident you will be as time goes on.

Get Your Guts In Gear

GYGIG is a fundraising bike ride that is held all over the country each year. The UOAA is the primary beneficiary of this event. The next ride is in New York from June 8–10, 2012 and the Midwest ride is September 7–9, 2012 so it's not too late to get into bike riding shape! You can learn more about GYGIG at <http://ibdrider.org/IBD+rides>.



Humorous Considerations

Compliments of the Austi-Mate

- ❖ To be sure of hitting the target, shoot first, and call whatever you hit the target.
- ❖ The handle on your recliner does NOT qualify as an exercise machine.
- ❖ Retirement: A week is 6 Saturdays and 1 Sunday.



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

WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
San Jacinto Methodist Hospital
cbarefield@tmhs.org

Clarice E. Kennedy, CET (713) 647-8029
claricekennedy1@comcast.net

Charlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799
Pat.thompson@tenethealth.com

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 HLFAG

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.

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

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: **May 21, 2012**
Program: **Guest Speaker: Frank J. Essig, MS**, Ostomy Sales Specialist, Hollister Incorporated

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 281-428-3033
Meeting: **May 7, 2012**
Program: **Guest Speaker: Frank J. Essig, MS**, Ostomy Sales Specialist, Hollister Incorporated

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 15, 2012**
Program: **Roundtable**

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: **May 21, 2012**

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.

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 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address below.

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.

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

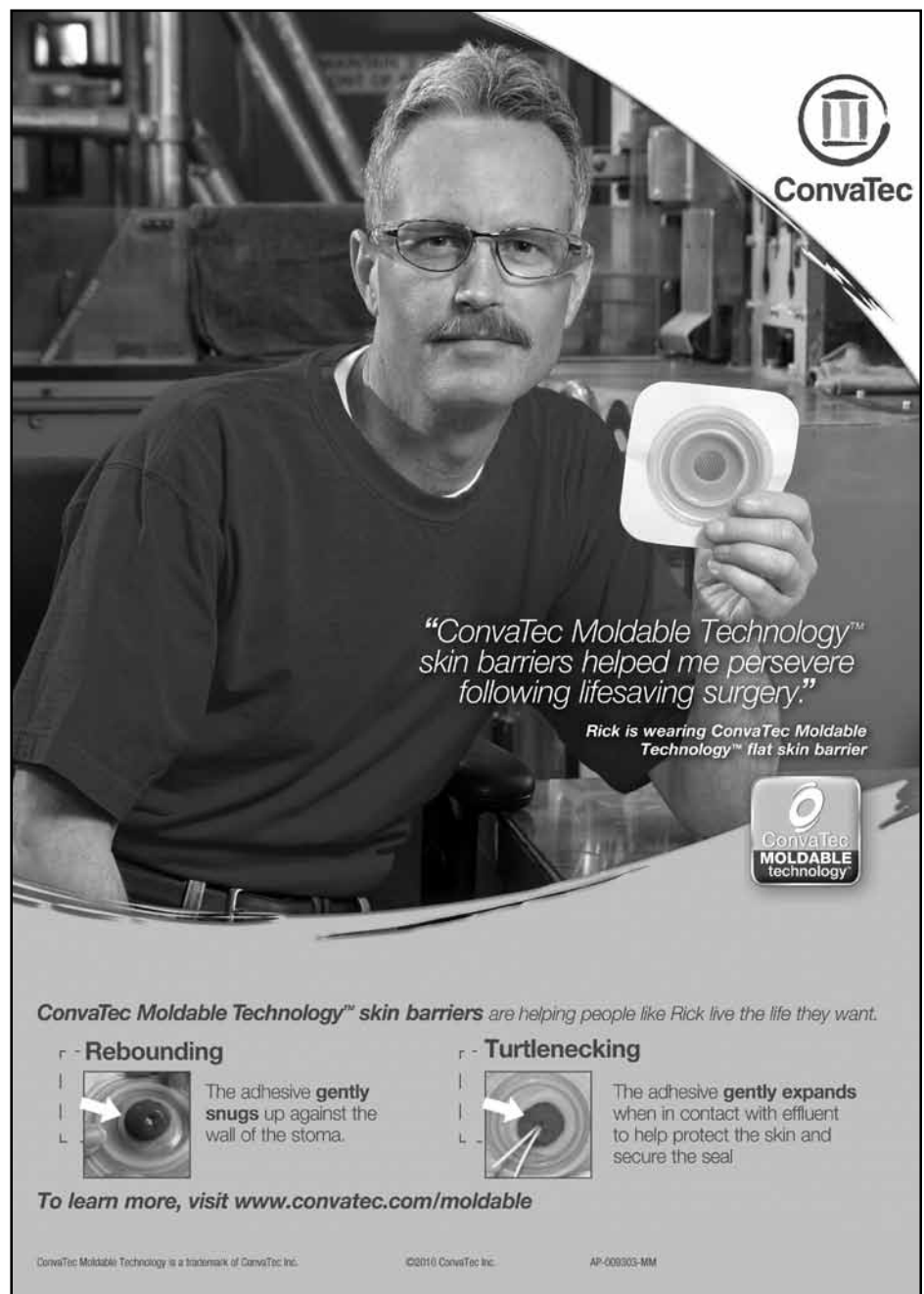
Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

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 appropriate acknowledgement can be sent.)



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Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: FOR_LIFE_GmbH@t-online.de

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

☐ WOCN or ET ☐ 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.

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



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