



May 2015

Ostomy Association of the Houston Area

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

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

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

Ostomy Surgery and Depression

Edited by Bobby Brewer: UOAA Edits and Update March 2015

Sleeplessness, loss of appetite, feelings of guilt or worthlessness, and/or irritability are some of the symptoms of depression. It can be triggered by the inability to participate in normal daily pleasurable activities by a sense of helplessness and lack of control over your body. Medications, stress, malnutrition, anesthesia or metabolic imbalance can also cause depression.

Other patients who have a harder time dealing with their ostomy are those who: 1) base their self-esteem on their physical appearance, 2) those with a take-charge or always-in-control characteristic, and 3) the good Samaritan behavior—always a helper or solver. Their ostomy, or lack of control over their bodies, and their need to depend on others for help, even if only temporarily, can make coping difficult.

Constantly tired from efforts to cope with daily household or work routines, while learning to adapt to physical requirements of this unpredictable new addition to your body, leaves little energy for enjoyment of leisure activities or romantic involvement. It takes us some time to return to our normal lifestyle. So RELAX—do what you are capable of doing at this time and do not try to rush things. You have had enough pain and deserve a vacation.

Give yourself a year for a good recovery and if it should happen to take a lot less time, consider yourself a very lucky person. In the meantime, do what you have to do in whatever way you are capable of doing it. But do not give more than a passing thought to the things you cannot do right now. You might have to take some shortcuts, do some improvising, or indulge in some healthy neglect. Do not be

bashful about asking for and accepting help. You would do the same for someone else if they needed help.

Some patients conceal their ostomy from their spouses, families or lovers because they fear rejection, feel shame or embarrassment, are modest or have noticed evidence of disgust. This results in feelings of isolation, depression and chronic anxiety. Most ostomates need a few months before they feel secure about being accepted. Join the crowd!! You are not alone! We all go through this!!

Signs of depression:

- Physical—aches or pains, or other physical complaints that seem to have no physical basis. Marked change in appetite, change in sleep patterns, and fatigue.
- Emotional—pervasive sadness, anxiety, apathy, crying for no reason, and indifference.
- Changes in Behavior—neglect of personal appearance, withdrawal from others, increased use of alcohol/ drugs, increased irritability and restlessness.
- Changes in Thoughts—feelings of hopelessness/worthlessness, inappropriate or excess guilt, forgetfulness and inability to make decisions to take action. Note: There are some cases of depression which can benefit most from professional help. Do not hesitate to ask your doctor.



Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Marian Newman at 713-392-5768.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

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Central Group News

We had a good turnout to hear Kris McNeill from Hollister. She showed some new urostomy pouches and passed around several products for us to handle. She held a drawing and gave away one of Brenda Elsagher's books. We welcomed Kimberly Ferguson, WOC nurse, who moved to Houston from San Antonio where she worked with the ostomy group there. We voted on the Board of Director slate, Mary Harle, Ron Cerreta, Patti Suler, and June Huber. Thanks to all of you for volunteering to help the organization.

Congratulations to Pat Thompson, RN, BSN, CWON, who is an honoree as an Outstanding Nurse of the Year as part of the *Houston Chronicle's* Salute to Nurses! We have always known that Pat and all of our ostomy nurses are outstanding. It is very nice to honor Pat in this way.

As many of you know, the CDC created an anti-smoking campaign using the threat of colon cancer and ostomy surgery as a consequence of smoking. The ads promoted all the very worst problems that one can have with an ostomy and was very difficult to watch. The Advocacy group of the UOAA wrote a letter to the CDC asking them to pull the ad. They initially refused and a national petition was started online to get the ad removed. Finally, the CDC conceded and has changed the ads to not mention ostomy surgery in this context. The original ad may still be seen for a while, but the changed ads will be replacing them. Here is the information about the issue and the UOAA's work to get the ads removed. http://www.ostomy.org/Statement_on_CDC_antismoking_colostomy_ads.html. As a local group, it is impossible for us to take on this kind of issue which is one reason we support and associate with the UOAA. To read more about the advocacy work done by the UOAA, please see their web site under the Advocacy tab.

Further, it is time for UOAA elections. Please check out the candidates here—http://www.ostomy.org/uploaded/files/governance/UOAA_2015_Election_Info_040915.pdf

We will vote for these positions in next month's meetings.

Next month, our speaker will be Brian Hakel with StomaGear/StomaShield.

I hope everyone has a chance to enjoy those nice days we get between showers.

Best regards,

Denise Parsons

President, OAHA, 713-824-8841

Baytown Group News

Kerrianne Pelz from Convatec welcomed the group by checking in with each participant to determine what products they were currently using and if they were having any problems. Everyone agreed that if things are going well with your pouching system and accessories, it is not the time one would consider a change in either.

Kerrianne introduced the new one piece moldable pouching system and demonstrated how it works. There was much interest and questions about whether it will be available for urostomy and in convex for those who need this option. The new urostomy pouch features a soft spout rather than hard plastic to drain the pouch.

Upgrades in accessories included several unique products that are part of the "Release-Remove-Protect system" that ConvaTec has created to protect vulnerable skin.

- **Sensi-Care Sting Free Skin Barrier Spray:** Provides a barrier film layer on the skin that protects it from the damaging effects of adhesives, body waste and enzyme attack.
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- **Sensi-Care™ Sting-Free Skin Adhesive Releaser:** Provides fast release of adhesives from the skin while helping minimize painful skin stripping.

Next month we have Michelle Jernsletten, Physical Therapist scheduled to present. Michelle will challenge all us to put more motion into every day. I hope you will plan to attend: Monday, May 4 at 6 p.m.

Take care of you and yours,

Cindy Barefield, RN, CWCN
281-428-3033

CCFA Take Steps Walk

For the first time in six years, OAHA will not be participating in the CCFA Take Steps fundraiser. Unfortunately, no one volunteered to join the team. Faithful supporters did make modest contributions online. Matt Jackson, Walk Coordinator, was contacted with the news. He hopes we will return next year and offered to share information on a second fundraising opportunity later this fall in Galveston.

Inflammatory Bowel Disease (IBD) is most commonly recognized as Ulcerative Colitis and Crohn's disease which contributes to approximately 27% of permanent ostomies. CCFA is the only organization that dedicates over 95% of its resources in pursuit of education and a cure.



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

Northwest Group News

Kerriane Pelzl with Convatec presented a program on their upcoming new products. Wow, she did a great job in sharing a one piece with moldable technology plus the new accordion wafer that makes application so much easier and secure. Members that currently use other products were watching closely during the demonstrations.

Next month Patti Suler will be presenting a program on giving back. We all want new ostomates to have someone there for them, yet this can cause conflicts with returning to an active life style and its obligations. There is a happy medium and Patti will be sharing some thoughts and suggestions. Don't miss this one, she is also bringing light refreshments.

Don't forget, our new meeting night is the third Wednesday of the month in the old location. See you there.

Tony Romeo
936-588-4031

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

Do you have a way with words? Editing Help Needed

Please consider volunteering to serve as editor for this monthly newsletter. The job involves collecting meeting information from the groups (by email), providing articles (original or from archived newsletters), and sending information on to the graphic designer. No design work is involved for the editor. If you would like to know more, please contact Patti Suler at 281-352-2566 or pattiksuler@aol.

WOC Nurse Directory

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

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

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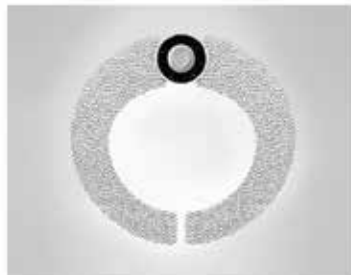
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Local Nurse Honored

Pat Thompson, RN, BSN, CWON, was nominated and selected as an Outstanding Nurse honoree for this year's *Houston Chronicle* Salute to Nurses! During National Nurses Week, the *Houston Chronicle* will recognize Pat and her hospital at the Salute to Nurses Luncheon Thursday, May 7 and in the paper Sunday, May 10, when the Salute to Nurses special section publishes. She was recognized by patients or coworkers as someone who has made a tangible, positive impact in the nursing community. This is no small feat! For over a decade, the *Houston Chronicle* has celebrated outstanding nurses in this special section.

Infections in Urostomies

Courtesy of The Pouch

Germs are all over the world, but when they are in the urinary tract, either in the conduit, the urethras or the kidneys, they're in an abnormal location and that is what causes an infection.

What causes infection? Most of the reasons are unexplainable. Why do some people get more colds than others? Infections can be caused by an obstruction, kidney stones, tumors, cysts or scar tissue. Almost synonymous with obstructions is infection and then, too, often comes stone formation.

You can't get rid of the infection. It's kind of a cycle that goes around and around. Infection can be caused by urine being forced back to the kidneys through the conduit. This could be done by falling asleep with the pouch full or urine and accidentally rolling over on the pouch, causing urine to be forced back into the stoma, through the urinary tract with tremendous pressure. Invariably the urine in the pouch will be contaminated.

In general, to prevent and treat infections, you need a good flow of urine much like a stream. That not only dilutes the bacteria of germs in the urine, but also helps wash them out. Consumption of two and one-half quarts of liquids daily is required for the average adult.

Local OAHA Upcoming Elections

Ron Cerreta, Mary Harle, June Huber, and Patti Suler have been nominated to serve on the Board of Directors. Nominee(s) will be voted on at the May OAHA meetings.

UOAA National Convention—September 1-6, 2015

September 1-6, 2015 marks the date for the Fifth UOAA National Conference in St. Louis, MO.

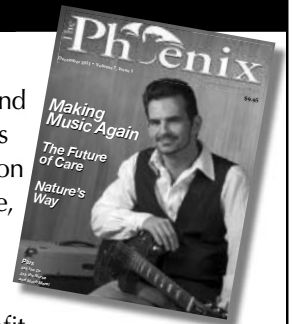
"Gateway to a New Life" will be held at the Hyatt Regency St. Louis at the Arch.

We hope that you will be able to attend this great event, where you will meet many people that have had or will have ostomy surgery, as well as attend many educational sessions, visit the exhibit hall, and enjoy the sights of the great city of St. Louis.



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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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 18, 2015**
Program: **Guest Speaker: Brian Hakel** with StomaGear/
 StomaShield

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist
 San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **May 4, 2015**
Program: **Guest Speaker:** Michelle Jernsletten,
 Physical Therapist

Northwest Group

Monthly: Third Wednesday of the month
Time: 7:00 p.m.
Place: NW Medical Professional Bldg., (The Cali Bldg.)
 17117 Cali Drive, Houston (This location is just off of
 1960 and west of I-45. Turn north on Cali Drive from
 1960. At the stop sign turn left on Judiwood and left
 again to park behind the Cali Building.)
Contact: Tony Romeo 936-588-4031
 sal1mr@sbcglobal.net
Meeting: **Wednesday, May 20 2015**
Program: **Guest Speaker: Patti Suler.** Patti will be speaking
 about "Giving Back."

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 18, 2015**

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

Opportunities and Announcements

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

Memorial Fund

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

Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com or send your request to the provided address below.

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

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

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

Use Those Shopping Cards

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

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

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Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

**Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164**

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: _____

Surgery Date: _____ Birth Date: _____

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: _____

Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

☐ I would like to attend meetings with the (**please circle one**):

Central Group Baytown Group Northwest Group J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. (*This will be kept confidential.*)

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

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

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Meetings, Social Events,
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