



Ostomy Association *of the* **Houston Area**

June 2008

PO Box 25164
Houston, TX 77265-5164
www.ostomyhouston.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: June 16th, Monday evening

Program: *Grief Counselor*

Beryl Kaminsky is a licensed professional counselor who is certified in thanatology. She counsels people on life transitions, grief and loss.

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: June 17th, Tuesday evening

Program: *Sterling Medical Services*

Jenny Jansson-Smith will present an update on Sterling Medical Services.

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: June 2nd, June 23rd, Monday evening

Program: *Round Table Discussion*

May meeting will be postponed due to the Memorial Day Holiday. We will meet again the first Monday in June. Topic will be: Good Eating Habits and Good Health with an Ostomy.

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

As you may know, Kroger is changing how their Neighbor to Neighbor program works. Donations from Kroger's program along with donations from Randall's program are critical contributions to this group's budget and help publish the newsletter each month which is our largest expense. Please see Page 7 for the Kroger Customer letter. Take the letter with the barcode to your Kroger store the next time you shop and have the cashier scan the barcode with your Kroger card. After a few days, you should see a confirmation message at the end of your receipt noting their contribution. There is more information about this procedure on Page 6. If you have family or friends who shop at Kroger, please pass the barcode letter on to them. We can use all the help we can get. Thanks!

The Central Group had a Roundtable discussion at the May meeting. We exchanged some travel stories and experiences while compiling a Top Ten Travel Tips list. See our list on Page 8. We challenge the other groups to add to the tip list. In the Ask the ET column, Clarice has some key travel tips also. The important fact about traveling is to do it; having an ostomy is not an excuse to stay home.

The speaker for our June meeting is Beryl Kaminsky. She is a licensed professional counselor and counsels on life transitions, grief, and loss. Beryl is certified in Thanatology. Here is the Wikipedia definition.

Thanatology is the academic, and often scientific, study of death among human beings. It investigates the circumstances surrounding a person's death, the grief experienced by the deceased's loved ones, and larger social attitudes towards death such as ritual and memorialization. It is primarily an interdisciplinary study, frequently undertaken by professionals in nursing, psychology, sociology, psychiatry, social work and veterinary science. It also describes bodily changes that accompany death and the afterdeath period.

We look forward to seeing you.

Denise Parsons for

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!

The thing to remember about fathers is... they're men. A girl has to keep it in mind: They are dragon-seekers, bent on improbable rescues. Scratch any father, you find someone chock-full of qualms and romantic terrors, believing change is a threat, like your first shoes with heels on, like your first bicycle...

- Phyllis McGinley

To be a successful father, there's one absolute rule: when you have a kid, don't look at it for the first two years.

- Ernest Hemingway

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.

The
Phoenix
The official publication of UOAA

Annual Subscription - \$25

Name _____

Address _____

Address2 _____

City _____

State _____ Zip _____

E-mail _____

UOAA Donation (optional) \$ _____

☐ Check ☐ VISA ☐ MasterCard #: _____ Exp: _____

Signature _____

Send payment to: **Phoenix**
P.O. Box 3605
Mission Viejo, CA 92690-9912

You can also
order online at
www.uoaa.org

Ten (new) Commandments for Ostomates

1. Thou shalt allow thyself to be sad, or angry, or depressed on occasion. Who said you always have to have a good attitude.
2. Thou shalt not let the above emotions become a way of life.
3. Thou shalt seek help, education, and support if thine unhappy emotions overcome thee.
4. Thou shalt learn to care for thy ostomy. Letting others do it for you, if you are physically able, is a cop-out.
5. Thou shalt seek out thy ET nurse if thou art not satisfied with thine products.
6. Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
7. Thou shalt not be ashamed.
8. Thou shalt cultivate a sense of humor about thine ostomy. There are worse things. Far worse.
9. Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity, and pride over embarrassment.
10. Thou shalt help other ostomates. Join your local UOA chapter, donate money, volunteer your time.

NEW OSTOMATES

Via Rose City Ostomy News, Tyler, TX

One of the most daunting tasks I faced as a new ostomate was returning to the society of people outside my immediate family. Insecurity about the reliability of my appliance, post-operative pain, a sense of being radically different, and a lack of appropriate clothing, all contributed to a feeling of isolation. When I tried to see old friends, I would catch them looking me over to see how I'd changed. It made me feel diminished somehow.

When I expressed these feelings to my UOA provided visitor, he encouraged me to go to the next Ostomy Association meeting. ("Encourage" doesn't quite tell the story: he insisted—going so far as to pick me up and take me there). At that first meeting, I found people with the same condition, and many with worse ones, which made it hard for me to continue wallowing in self pity. To my surprise, these people looked and acted like everyone else I knew. They were living normal lives, working, raising children, falling in and out of love just like the rest of the world did. If there was a difference, it seemed to be that they enjoyed life more than most. And they were all very nice people, every one of them. They were more willing to share their experiences, discuss any topic I chose to raise and suggest practical solutions to practical problems. They gave me phone numbers and told me I could call any time. Some of them remain as friends today.

I still had adjustment problems, large and small, but I knew I could solve them and I knew there were people who would help me do so. If I was asked to give only one piece of advice to a new ostomate, it would be this: GO TO A MEETING. That one action, almost forced on me, made all the difference. *

Why does your stomach growl?

Well, Mexican food could do it, but doctors call it "borborygmi," which sounds a bit like the sound you hear.

According to Websters:

Main Entry: bor·bo·ryg·mus

Pronunciation: "bor-b&-'rig-m&s

Function: noun

Inflected Form(s):

plural bor·bo·ryg·mi /-'mi/

Etymology: New Latin, from Greek borborygmōs, from borboryzein to rumble

Date: circa 1796

: intestinal rumbling caused by moving gas

It happens when your stomach walls squeeze together in an attempt to mix and digest food and there's no food there. Gases and digestive juices slosh around in your empty stomach and before you know it - borborygmi.

ASK THE ET. . .

by Clarice Kennedy

1. Obtain a prescription from your physician that states that you must take your ostomy supplies and any medications you routinely take in your carry on luggage when flying. Never pack them in your stored luggage.
2. Always take more ostomy supplies than you anticipate needing when traveling by car or airplane. You never know about delays when flying or driving on a trip. It is best to play it safe and take more than you need.
3. Request an aisle seat when flying if possible. This is especially important if you are on a lengthy international flight.
4. It is best to drink bottled water even if you are just traveling within your own state or to another state in the US. It is extremely important that you do not drink water from a faucet when traveling internationally.
5. When traveling by car, keep your ostomy supplies inside the car. DO NOT put them in the trunk especially in hot weather. It is important that even if you are not traveling but just want to keep some extra ostomy supplies with you that you keep them in the car and take them out when you reach your destination. This is especially important in hot climates.
6. Take an air freshener with you when visiting friends or relatives to use in the bathroom especially if you have to share the bathroom with others. There are small containers of these types of products that make it discreet for you to use when needed in the bathroom after you empty your pouch.
7. Take discreet plastic bags (most ostomy manufacturers have these either sold separately or provided with their closed end or drainable pouches). These are made in dark colors that keep the contents from being visible.



HUG COUPON
FREE HUG
Good for one hug.

Redeemable from any participating human being.
Does wonders as a morale booster!
Expiration date: Never too late to get a hug.

"Wearing an ostomy appliance is a small price for living a healthy life."

- Jude Ebbinghaus, Winner
2004 Great Comebacks® Award

BAYTOWN SUPPORT GROUP

For the April meeting of the Baytown Ostomy Support Group, members had an opportunity for Roundtable Discussion. The group decided that they do benefit from the opportunity to share with one another and would like to plan for a roundtable discussion every other month. A survey tool was distributed to get ideas for other topics for the remainder of the year.

New members were welcomed. Get Well Cards were signed for members who has undergone surgery recently. We are thinking about you, Angela!

May meeting will be postponed due to the Memorial Day Holiday. We will meet again the first Monday in June. Topic will be: Good Eating Habits and Good Health with an Ostomy. See you then!

Sincerely,

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Our May 20th meeting was presented by Frank Essig with Holister. Frank presented a slide show about the new website, www.c3life.com that is designed and maintained by Holister, but has a lot of general ostomy information. We had eleven members attending the May meeting and we enjoyed cake and brownies.

In June, our speaker will be Jenny Jansson-Smith with Sterling Medical Services. Next meeting refreshments will be provided by Linda F.

See you there!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

CONVATEC SOLD

The following news report is shared with you for your information.

NEW YORK - (Business Wire) [Bristol-Myers Squibb Company](#) (NYSE:BMJ) announced that it has signed a definitive agreement to sell its [ConvaTec](#) business unit to Nordic Capital Fund VII ("Nordic Capital") and Avista Capital Partners ("Avista") for \$4.1 billion. ConvaTec is a world leader in the development and marketing of innovative wound therapeutics and ostomy care products.

Dave Johnson, who will remain the CEO of ConvaTec, said, *"I am excited to partner with Nordic Capital and Avista Capital Partners as we transition ConvaTec to a stand-alone company. Both firms have a proven track record of success in the health-care industry. They are passionate believers in ConvaTec's future growth and will be strong supporters of the ConvaTec business. Their deep experience in guiding strategy and backing companies will help take ConvaTec to the next level of success as an independent company."*

The transaction is subject to customary regulatory approvals and delivery of ConvaTec's audited 2007 financial statements. The closing is anticipated in the third quarter of 2008.

May your troubles be less, your
blessings be more

And nothing but happiness come
through your door



Anger is a condition in
which the tongue works
faster than the mind.

You can't change the past
but you can ruin the
present by worrying over
the future.

FOODS AND THEIR EFFECT ON AN OSTOMATE

via Rose City Ostomy News, Tyler, TX

The following foods may present problems for some ostomy patients. The problems and foods will vary with each individual and are grouped to help you decide how you and your stoma can best function together.

Low fiber foods: (Diet of choice for the first 6 weeks after ostomy surgery). White bread, cooked/steamed or canned fruits and vegetables, diluted fruit juices, tortillas, pastas, white rice, chicken, fish, biscuits, plain muffins, plain jello, custards, and puddings.

Gas-forming foods: Asparagus, alcohol, beer, broccoli, brussel sprouts, cabbage, carbonated drinks, cauliflower, corn, strong-smelling cheeses, cucumbers, dairy products, dried beans and peas, eggs, fish, melons, mushrooms, nuts, onions, radishes, spinach, string beans, sugar, sweet potatoes, and yeast.

Gas-producing activities: Chewing gum, drinking through straws, missing meals, talking while eating, chewing with mouth open, and snoring.

Odor-forming foods: Asparagus, beans, cabbage, chicken, coffee, dairy products, eggs, fish, garlic, onion, peas, and some spices.

Foods that prevent odor: Buttermilk, cranberry juice, cottage cheese, parsley, and yogurt.

Bulk forming foods (fiber foods): (Ileostomates must give special consideration before eating these foods because if not chewed well, these foods can block the ileostomy stoma). Celery, Chinese foods, coconut, coleslaw, corn, dried fruits, foods with seeds or kernels, meats in casings, nuts, popcorn, whole grain, whole vegetables, and wild rice.

Diarrhea-causing foods: Beer, broccoli, greens beans, highly seasoned foods, fatty and fried foods, raw fruits and vegetables, popcorn, nuts, caffeine beverages, and refined sugar.

Foods to control diarrhea: Applesauce, bananas, creamy peanut butter, white rice, tapioca, potatoes without skins, and cheese.

Actions / foods that control mild constipation: Increase fluids, increase fruit juices, increase cooked fruits and vegetables, 3 oz. prune juice at bedtime, or 4 or 5 dried apricots. ♣

Kroger Share Card Program Change

Many of you participated in the Kroger Share Card program over the past years. We have received \$600+ each year in the program. As you may know this program ended in March and they no longer take the paper card with your KrogerPlus card.

They have started a new program Kroger Neighbor to Neighbor Donation Program.

Below are some highlights and changes:

- 1) Your KrogerPlus card can be connected to only one organization - we hope you will choose the ostomy support group.
- 2) You must once year, each year after April 30th indicate to Kroger your chosen organization by giving them the paper with the bar code and your KrogerPlus card.
- 3) Giving the barcode to the cashier with your KrogerPlus card will not have any effect on your gas credit accumulation.
- 4) Once you give the barcode to the cashier, the rest of year you will only have to give the KrogerPlus card. There will be message on the bottom of your receipt noting a contribution to the Neighbor to Neighbor Program Group 81035.

The Customer Letter and the barcode of our organization are on the next page. If you want to share the barcode with others who are willing to support the organization, this letter is available on our website: www.ostomyhouston.org.

Please contact any of the Officers if you have any questions or concerns about the program.

Again, we hope you choose to support the Ostomy Association of the Houston Area with your purchases through the Kroger Share Program.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.

Customer Letter

Step One:

Read through this letter to understand the advantage of being a part of the Kroger Neighbor to Neighbor Donation Program.

Step Two:

Take the letter with you to your neighborhood Kroger store the next time you go shopping.

Step Three:

Present the letter with **your organization's barcode** to your cashier upon checkout. After they have scanned your KrogerPlus Card you will be enrolled for the current year of the Kroger Neighbor to Neighbor Donation Program. Every time you shop at Kroger and use your enrolled KrogerPlus Card, Kroger will contribute a percentage of your eligible purchases to the Kroger Neighbor to Neighbor Donation fund. Once a card is scanned with the barcode, it will be active for the remainder of the program year.

Q & A

How many Kroger Neighbor to Neighbor accounts can an organization have?

One per organization. (Example: ABC HIGH SCHOOL account could represent: PTA, cheerleaders, football, basketball, band, etc.)

Can a household "link" their Kroger Plus Card to more than one organization at a time?

No, the system allows for one organization per household. To change organizations, you must present your KrogerPlus Card and the new organization's barcode to the cashier.

Do I have to enroll each program year?

Yes, all organization's and participants must re-enroll for each new enrollment period. The current Neighbor to Neighbor Program is effective May 1, 2008 to April 30, 2009.

How much can my organization earn?

The Kroger Neighbor to Neighbor Donation Program will donate \$1 million annually. Each organization will earn a percentage of the \$1 million equal to the percentage of total earned contributions attributable to that organization.

How are the funds distributed?

Contributions will be paid via check and mailed to the organization's address and primary contact identified on the organization application form. For schools, it will be mailed to the principal and the funds distributed at their discretion.

Please feel free to contact a Kroger Neighbor to Neighbor Donation Program Representative with any additional questions at 866-995-7643 or email to neighbortoneighbor@kroger.com. Additional information is also available at www.krogerneighbortoneighbor.com.

OSTOMY ASSOCIATION OF THE HOUSTON AREA



Kroger cashier: Please scan customer's KrogerPlus Card at the beginning of the order, and then scan the above barcode. The customer's KrogerPlus Card is now enrolled in the Kroger Neighbor to Neighbor Donation Program.

Doubting everything we believe or believing everything are two equally convenient solutions, both of which save us from thinking. — Henri Poincare (d. 1912), La Science et l'hypothese

Tips For Traveling with Medications

UOAA UPDATE 5/08

KEEP your medicine with you—not in checked luggage.

BRING more than enough medicine for your trip.

REVIEW your dosage schedule with your doctor or pharmacist before you leave and discuss whether you should make allowances for changes in time zones.

KEEP a list of all your medicines and dietary supplements.

Travel tips from Central Group's Roundtable Discussion

- Have a note from your Dr. that you have an ostomy and need to carry supplies on board.
- Going through security is much faster and more sanitary with everything in zip lock type plastic bags.
- Make note of places to buy supplies in the area you are visiting. If you can't find anywhere and need critical items, one member found what was needed at the local hospital or hospital pharmacy.
- Take the phone number of someone in the Ostomy group as they may be able to help you find a source or ship you something critical.
- When traveling out of the country, it is helpful to carry a prescription for an antibiotic for stomach disorders.
- Most pastes and deodorant liquids can be purchased in 3 oz. sizes to carry on board.
- Especially on long trips, it is helpful to carry supplements in very small, individual ziplock-type bags. Prescriptions can be carried in 7 Day boxes, but the prescription bottle should be carried for reference.
- When traveling in the summer or to hot locales, keep the bag with your supplies with you on board and make sure the bag isn't overly exposed to heat.
- Always carry an extra clip.
- Drink lots of liquid. In many cases, sticking to bottled water or other beverages, may be safest.
- Traveling is lots of fun and good for the soul. An ostomy is not an excuse to stay home.

What Are the Withdrawal Symptoms of Decreasing the Use of the Steroid Prednisone?

UOAA UPDATE

5/08

Prednisone is a synthetic hormone. It belongs to a class of drugs called corticosteroids. Prednisone reduces inflammation but also decreases your body's ability to fight infections. It's used to treat many conditions, such as severe allergies, asthma, lupus and arthritis. When you take prednisone, your adrenal glands stop making cortisone like hormones (glucocorticoids). After you stop taking steroids, your adrenal glands need time to resume this function. The amount of time your adrenal glands need to fully recover depends on how long you took steroids and how much you took. Your doctor typically reduces your dosage of steroids gradually over several weeks or months.

One potential consequence of steroid withdrawal is a flare-up of the problem you were treating with the steroids. For example, people with rheumatoid arthritis may have a recurrence of joint pain after they stop taking steroids. By slowly reducing the dose of prednisone, any worsening of the disease will be mild. Also, your doctor can adjust the rate of dose reduction. If the dose is reduced too fast, you may have fatigue, body aches, lightheadedness and difficulty recovering from minor illnesses. The greatest risk to your health during steroid withdrawal is the inability of your adrenal glands to respond to acute physical stress, such as serious injury, surgery or general anesthesia. Normally in these situations, your adrenal glands release large amounts of cortisol to help your body cope with the acute stress. If the adrenal glands are impaired, the lack of needed extra cortisol can cause shock and even death. For this reason, be sure to tell medical personnel if you currently take or have taken within the last year, prednisone or cortisol-like steroids.

Give me a sense of humor, Lord,
Give me the grace to see a joke,
To get some humor out of life,
And pass it on to other folk.

SUDOKU

		7		4		9		
2	5		1		3		7	6
				5				
	1	8	3		5	4	2	
	7						6	
	4	2	8		9	1	5	
				2				
9	3		6		4		1	2
		6		3		5		

NEXT LETTER?

What will be the next letter in this logical progression?

O,T,T,F,F,S,S,____

Answer: E. The other letters represent counting one through seven.

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.

1-800-422-1811

Monday to Thursday, 8:00 am to 6:00 pm (CT),
Friday 8:00 am to 6:00 pm (CT)
and Saturday 10:00 am to 6:00 pm (CT)

Visit our website at www.convatec.com



Stomahesive is a registered trademark of E.R. Squibb & Sons, L.L.C.

©2007 E.R. Squibb & Sons, L.L.C.



ConvaTec remains the same
Product Code: 482910
HCPCS Code: A4405

ConvaTec
A Bristol-Myers Squibb Company

New and Improved

The little girl was sitting in her grandfather's lap as he read her a goodnight story. From time to time, she would take her eye's off the book and reach up to touch his wrinkled cheek. By and by she was alternately stroking her own cheek, then his again. Finally she spoke, "Granddaddy, did God make you?" "Yes, sweetheart" he answered, "God made me a long time ago." "Oh she said," then "Granddaddy, did God make me too?" "Yes, indeed honey" he assured her. "God made you just a little while ago." "Oh" she said. Feeling their respective faces again, she observed, "God's getting better at it now isn't he?"

The fundamental defect of fathers is that they want their children to be a credit to them.
—Bertrand Russell, New York Times, June 9, 1963

Printed in the U.S.A. US-07-1-a-07 Sept. 2007

Introducing

STOMOCUR™

OSTOMY PRODUCTS

- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



FOR LIFE GmbH
Berlin, Germany

**For a Free Sample
or For More Information Contact**
Clarice Kennedy, CET (713) 647-8029 or ckenedy1@peoplepc.com

For Life GmbH • Tabbertstr. 12 • 12459 Berlin, Germany • <http://www.stomocur.com>
Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: FOR_LIFE_GmbH@t-online.de

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.

**MEMBERSHIP BENEFITS INCLUDE: MONTHLY SUPPORT / INFORMATION MEETINGS,
SOCIAL EVENTS, MONTHLY NEWSLETTER**

Medic Pharmacy
 Ostomy Products
 Medical Equipment and Supplies
 4040 S. Braeswood, Houston, TX 77025
 (next door to "3 Brothers Bakery")
 Centrally Located
 With Free Front Door Parking



713-666-6353

FAX: 713-666-2831

9 AM to 5:30 PM M-F; Sat. 1 PM to 3 PM



Osto-EZ-Vent™

Celebrating 10 SUCCESSFUL YEARS

Medicare
 Reimbursement
 Code A4366

• EASY TO VENT, OPEN • GIVES YOU CONTROL

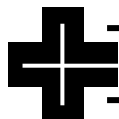
Where to Buy? Check out website for dealers, catalogs,
 online ordering, or call our toll free number to order
 direct by mail.



Enterprises, Inc.

For more information and a free sample
 call 1-888-562-8802

Visit our website www.kemOnline.com



NORTHSHORE MEDICAL SUPPLY

SALES • RENTAL • SERVICE • UNIFORMS

OSTOMY PRODUCTS

ConvaTec • Hollister • Coloplast • Stomocur

M-F 9am—6pm
 Sat 9am—4pm
 713-451-4462

375 MAXEY RD.
 HOUSTON, TX 77013
 FAX: 713-451-8330



SPRING BRANCH MEDICAL SUPPLY

PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ▪ Wound Care
 Oxygen & Respiratory Equipment ▪ Hospital Beds
 Wheelchairs ▪ Bedside Commodes ▪ Walkers
 Bathroom Aides ▪ Mastectomy Products
 Compression Hosiery ▪ Orthopedic Supplies

8700 Long Point Road
 Houston, TX 77055
 (713) 465-2200
 Fax (713) 461-5806

Ostomy Consultations with
 Clarice E. Kennedy, CET
 By appointment only
 Call (713) 647-8029

Adapt

Ostomy Accessories

For the Perfect Fit



The perfect fit for your body and your individual needs.

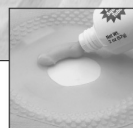
Adapt Ostomy Accessories truly deliver custom solutions – for the best in confidence and convenience. Each Adapt accessory enhances your pouching system – so you can enjoy life with unmatched ease of use, flexibility and durability. The Adapt family of products include:

- Adapt Paste
- Adapt Convex Barrier Rings
- Adapt Barrier Rings
- Adapt Barrier Strips

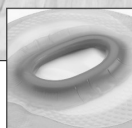


Hollister

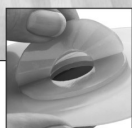
Hollister Incorporated
 2000 Hollister Drive
 Libertyville, Illinois 60048 USA
 1.800.323.4060
www.hollister.com



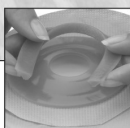
Adapt Paste



Adapt Convex
 Barrier Rings



Adapt
 Barrier Rings



Adapt
 Barrier Strips

Hollister and logo, and Adapt are trademarks
 of Hollister Incorporated, Libertyville, Illinois USA.
 ©2004 Hollister Incorporated.