



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

Take Steps Walk

The weather was perfect, the skies were blue and the temperature and humidity were both low. 14 people came together and formed a team to represent the Ostomy Association of the Houston Area in the annual Take Steps for Crohn's and Colitis fundraiser. Assisted by additional support walkers, the team was successful in completing the walk and raising nearly \$3,000.00 dollars for the cause.

OAHA Team Member Roster from the CC Take Steps Site:

Dorothy Andrews	Deborah Mazzola
Paul Batchelder Sr.	Marian Newman
Lorette Bauarschi	Tom Ryan
Ron Cerreta	Patti Suler
Laura Beth Jackson	Anne Swanson
Ian Keith	Patricia Thompson
Shawn Keith	Edgar Wood
Terry Marriott	

Support walkers: Tom Andrews, Gladys Wood, Scott Jackson, Sophia Valentina Ceron, Rosalie Johnson, Michelle Johnson, Bob Swanson, and Kristen Johnson.

Top fundraisers were Paul Batchelder Sr., Anne Swanson, and Ron Cerreta. If you see one of these people, shake their hand. Their combined contributions made up over 53% of the overall amount.

The Take Steps event was held at Discovery Green in downtown Houston on Saturday, May 14th.



Laura Beth Jackson and granddaughter Sophia Valentina Ceron



Youth Rally

The Youth Rally is a camp for kids aged 11-17 years with urinary or bowel diversions. Kids travel from all over the United States to participate in activities with the support of counselors and nurses.



Caleb Alford

Caleb Alford from Channelview is one such youth. He originally started out as a camper and this year he is going back as a counselor trainee. "I have Bladder Exstrophy. I go to a camp every summer in July that is for kids ages 11-17 with bladder or

(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.

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.

In This Issue

Crohn's & Colitis Take Steps Walk.....	1
Youth Rally	1 & 3
Group News.....	2-3
OAHA Donation	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

On Monday May 16th, the Central Group of the Ostomy Association of the Houston Area had 19 in attendance at their meeting.

We started out with an announcement by Dorothy Andrews that a long time Ostomy Association member and ET, Anita Price, who was with the Houston Group in the 1970s and 1980s had died. Dorothy donated the book written by Anita about ileostomies to our library. Then we had our election for Board of Directors and all the nominees were voted in by acclamation:

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.

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 gave a presentation on Colorectal Cancer, the causes, treatment, and if not prevention, at least early diagnosis for successful treatment. She told us about the various types of colon cancer and the various stages 0 through 4 that colon polyps or tumors go through as they grow in the wall of your colon and become more dangerous. She told us that only 5–10% of polyps will become cancerous within 20 years, but that can vary from person to person and some people have a genetic predisposition to having colon cancer. She also told us about the High Risk Gastrointestinal Cancer Genetics Clinic that they now have at the M. D. Anderson Cancer Center that can counsel families that may have some hereditary cancer predisposition syndrome, such as, Lynch syndrome/HNPCC, or Familial Adenomatous Polyposis (FAP), MYH-associated Polyposis, Hereditary diffuse gastric cancer, or the somewhat more rare Peutz-Jeghers syndrome, and the Juvenile Polyposis syndrome. The counseling that is done can tell a cancer patient's family members who don't have cancer how often and what types of checkups that would be best for them, and especially how often they should have a full colonoscopy. Most people (for those of us that still have a colon) are considered to need to have a colonoscopy every 5 years after the age of 50. For those considered at high risk this may be changed to as often as once a year starting at the age of forty or even younger.

Our Newsletter Editor, Patti was the OAHA team captain for the CCFA Take Steps walkathon that took place on Saturday May 14. We had 15 walkers plus Laura Beth's granddaughter in a stroller.

The website where you can sign up to donate for one of the walkers is (and you can still make donations for 3 or 4 months after the actual walk): <http://www.cctakesteps.org> (Select "find a walker" and then enter Patti Suler or Ostomy Association of the Houston Area)

Our June meeting for the Central Group will be on Monday, June 20th and we will be having a Roundtable Discussion on whatever topic that you may have a concern about. Hope to see you all on June 20th.

Terry Marriott

President, Ostomy Association of the Houston Area



Paul Batchelder (team top fundraiser) and Patti Suler, CC Take Steps Team Captain

Northwest Group News

A dozen people gathered to hear Physical Therapist Christy Bizzell speak about ostomates and exercising. Ms. Bizzell is a twenty-five year physical therapist, who holds a CFMT certification. The Functional Manual Physical Therapy discipline addresses the whole body and not just the injured area.

Up until just a few years ago, Ms. Bizzell had never worked with an ostomate except one colostomate. However, things changed when her friend and business partner underwent ostomy surgery. Right away Ms. Bizzell noted the lack of physical support and information from the hospital and staff for managing the fresh abdominal incision and ostomy area. She shared how she observed that patients were not even taught the basics of getting up out of bed, careful movement or basic strengthening strategies for recovery.

Ms. Bizzell acknowledged that all ostomies are hernias based on the nature of the surgery and she added that most ostomates will eventually experience an additional abdominal hernia. She discussed ways through exercise and core strengthening whereby hernia susceptibility can be delayed via proper muscular reinforcement.

There are many similarities between a cesarean section and ostomy abdominal incisions. Based on this factor, Ms. Bizzell offered one exercise program from the post partum care group and one from an ostomy support site. Both exercise programs are easily downloaded from the Internet and easy to follow. Each program should be carefully applied by building up strength over time and with repetition based on an individual's physical condition and recovery level. As always, consult your physician before beginning any new workout routine.

http://www.iasupport.org/factsheets_home.aspx

[Click on the link for Ostomate Exercises]

<http://exercise.about.com/library/blpostpartumabs1.htm>

After Ms. Bizzell's presentation, we voted unanimously to elect all Board of Director nominees. Refreshments were provided by Suzanne H. and Carol J. Next month's speaker will be Polly Johnson from Convatec. Ms. Johnson will be presenting a program on summertime and the ostomate.

Gay Nell Faltysek

281-446-0444

Tony Romeo

281-537-0681

Baytown Group News

Dr Boutros Kahla joined the group to present "Stomas—How to Live with Your Stoma, Maintaining a Healthy Stoma and Avoiding Hernias". Dr Kahla reminded the group that stoma is a surgically created opening that can be made almost anywhere on the body. Features of stomas include red color which indicates a good healthy blood supply, moist to the touch, they can bleed easily, and they have no feeling and no sphincter (voluntary control).

The opening for the output should come from the center of the stoma to allow for better drainage. If the stoma opening is below or at skin level, output is more likely to leak under the barrier. After surgery, the stoma can change size and shape over time and often continues to shrink. This can take days, weeks and sometimes even months. It's a good idea to routinely measure the stoma for the correct opening in the skin barrier until final size is achieved.

Parastomal hernia is one of the problems that can occur on the abdomen related to the stoma. Parastomal hernia:

- Is a protrusion of intestine through abdominal muscles around the stoma, and is seen as a bulge under the skin around the stoma.
- Can occur reasonably frequently, as the muscles around the stoma have been 'surgically weakened.' Muscles which normally provide support are deliberately incised open to allow the formation of the stoma, and they are often weaker.
- Sometimes supported with a wide belt or binder and sometimes needs surgical correction if it has progressed too far and is causing issues.
- A type of incisional hernia that occurs at the site of the stoma or immediately adjacent to the stoma.
- In literature review, occurrence in 1.8 to 28.3 percent of patients with end ileostomies, 0 to 6.2 percent with loop ileostomies, 4.0 to 48.1 percent with end colostomies, and 0 to 30.8 percent with loop colostomies. (Lower rates for loop ostomies are related to the temporary nature of most of these stomas and the short duration of follow-up.) Most occur within the first two years from construction, and studies with longer follow-up have reported higher rates.
- **Prevention is better than curing.** Everyone should take care to protect their abdomen. The surgery required to make a

stoma can weaken muscles so it pays to be extra careful when doing any form of lifting or exercise.

- ◆ Guard against the development of a stoma hernia with gentle abdominal exercises such as sit-ups and walking.
- ◆ Avoid heavy lifting and straining. Use a wheeled trolley to help move heavier items or get someone to help you.
- ◆ Weight management—stay within an appropriate weight range.

In June, we will have information about the new home medical equipment program that has opened at Walgreens pharmacy. We hope you will join us.

Cindy Barefield, RN, WOCN

281-425-2164

Youth Rally *(Continued from page 1)*

bowel disorders including things like an ostomy. Many kids at the camp have ostomies. It is a great camp that helps kids living with bladder or bowel disorders gain self esteem as well as a feeling of being normal in a way. When I go to Rally I feel normal and I am not afraid to hide my catheter every time I have to use the restroom. It is a great environment for kids with these types of things to share their story of how they deal with living with an ostomy or how they live with Bladder Exstrophy. I graduated last year and will be returning as a counselor in training this year." Caleb will also be speaking later this summer at the Central Group.

This year's Rally will be held in San Diego. Youth Rally supports about 2 of every 3 campers in full or part but costs have been rising. OAHA is donating the registration fees for Caleb this year. You can learn more about Youth Rally or make a donation at www.rally4youth.org.

OAHA Donation Supports WOCN Education

A gift of \$1,000 to the WOCN's Cycling for Scholarships' fund was made recently on behalf of the OAHA organization. After consideration, the Board of Directors thought it was important to encourage the education of ostomy nurses, especially since MD Anderson closed its school. This is another example of how your membership dues are used to further knowledge and education.

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) 425-2164

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

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

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

Catherine 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

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.



The Phoenix

ORDER FORM

Money Back Guarantee!

☐ One-year subscription \$25* ☐ Two-years for \$45

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____

Apt/Suite _____

City _____

State _____

Zip _____

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: **June 20, 2011**
Program: **Roundtable Discussion**

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: **June 6, 2011**
Program: We will have information about the new home medical equipment program that has opened at Walgreens pharmacy.

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: **June 21, 2011**
Program: **Guest Speaker: Polly Johnson** from Convatec will be presenting a program on summertime and 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: **June 20, 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 or send your request to the provided address at the top right of this page.

Donation of Supplies

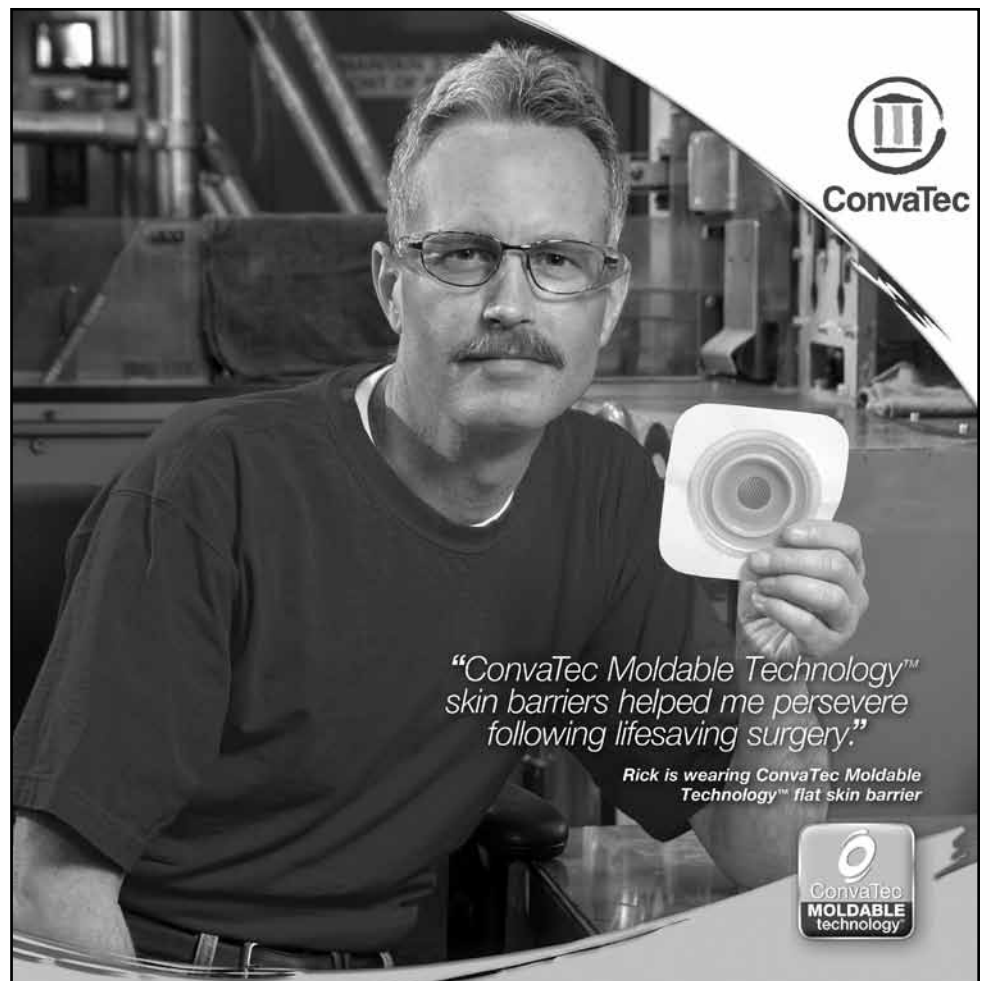
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

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



ConvaTec

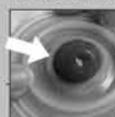
"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."

Rick is wearing ConvaTec Moldable Technology™ flat skin barrier

ConvaTec MOLDABLE technology

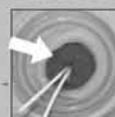
ConvaTec Moldable Technology™ skin barriers are helping people like Rick live the life they want.

Rebounding



The adhesive **gently snugs** up against the wall of the stoma.

Turtlenecking



The adhesive **gently expands** when in contact with effluent to help protect the skin and secure the seal.

To learn more, visit www.convatec.com/moldable

ConvaTec Moldable Technology is a trademark of ConvaTec Inc. ©2010 ConvaTec Inc. AP-009303-MM

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 cekennedy1@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

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.

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



CYMED
life without limitations

**MICROSKIN® based
OSTOMY POUCHING SYSTEMS**

Cymed's MicroSkin® pouches promote healthy skin by allowing breathability. MicroSkin® pouches are so thin and flexible you'll forget you're wearing anything at all. Try MicroSkin® and experience the freedom of exercising, bathing, swimming, riding a bike or just taking a long walk. Live your life without limitations.

Order free samples at:
samples02@cymedostomy.com
or call **800 582-0707 x105**
www.cymedostomy.com

• GIVES YOU CONTROL
• EASY TO VENT,
OPEN

Osto-EZ-Vent™

"I have had a colostomy for more than 3 years and excess air is uncomfortable. I travel a great deal; air travel with a pouch is particularly testing. Burping and draining can be hazardous, the Osto-EZ Vent™ eliminated the restroom struggle. In short, your product has changed my everyday life for better."
ARUN P.S. / Doha, Qatar

For more information and a free sample
call **1-888-562-8802**
Visit our website **www.kemOnline.com**
Medical Reimbursement Code A4366



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



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

Medic Pharmacy

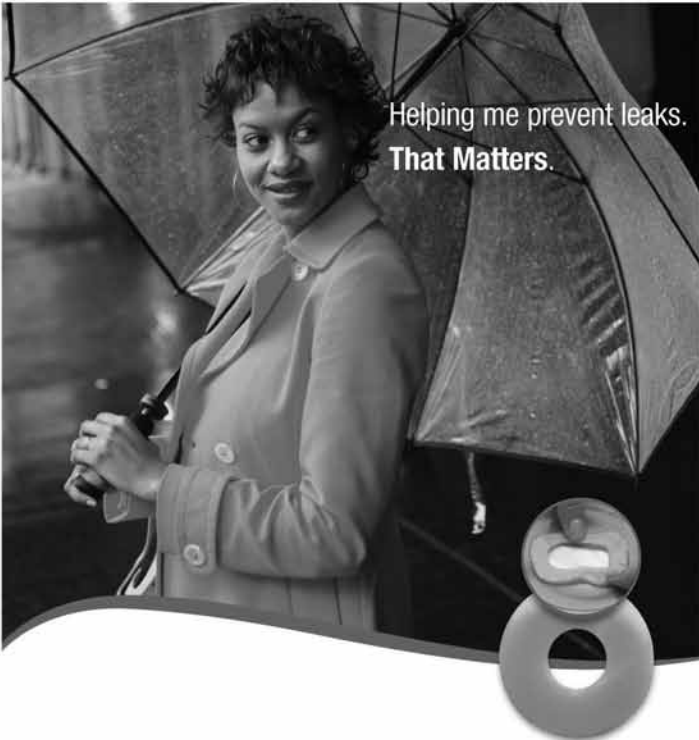
Ostomy Products
Medical Equipment and Supplies

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




Newsletter Advertising: Please contact the newsletter editor for sponsorship and advertising opportunities.




Helping me prevent leaks.
That Matters.

A walk in the rain. An exercise class that lifts your spirits. Bright days truly start from within. For those who use ostomy systems, **Adapt Barrier Rings** help ensure you enjoy bright days — no matter what the weather. Adapt Barrier Rings help protect you from leaks. You can bend, stretch, and mold them to your body for a customized fit. They safeguard your confidence.

For a sample, call **1.888.740.8999**.

Hollister Ostomy. **Details Matter.**



Hollister
www.hollister.com

Hollister and logo, and Adapt are trademarks of Hollister Incorporated.
"Hollister Ostomy, Details Matter," is a service mark of Hollister Incorporated.
©2010 Hollister Incorporated. PROMOCODE: 138ABR0810