



June 2012

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

Summer Hints...Get back into the swim of things!

Edited by B. Brewer, UOAA Update May 2012

- For extra security during swimming and water sports, use water-proof tape around the barrier. This is called picture framing.
- Select a bathing suit made of textured or dark-colored materials that will better hide the outlines of the pouch. Some women prefer bathing suits with skirts and some men prefer boxer-style trunks, but snug-fitting suits can be worn.
- A light-weight 2-way stretch garment can be worn under a swim suit for extra support and flatness. And gentlemen, a pair of jockey shorts should do the same for you.
- Take precautions against sunburn. Besides being bad for your skin, a very bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, check with your doctor and/or to secure a prescription for anti-monilia powder. This may require an office visit for a consultation and visual examination.
- If plastic against your skin is uncomfortable or causes a heat rash, you should purchase your pouches with the cloth-like covering or consider a pouch cover.



The Four Phases of Surgical Recovery

*By Albert G. Wagoner, MD, Edited by B. Brewer
UOAA Update May 2012*

Each patient, along with the family, usually goes through four phases of recovery, following an accident or illness that results in loss of function of an important part of the body. Only the time required for each phase varies. Knowledge of the four phases of recovery is essential.

They are as follows:

The Shock Phase—The period of psychological impact. Probably, you remember nothing of this phase after your operation. Nevertheless, it is a phase that requires a lot of support.

The Defensive Retreat Phase—The period in which you defend yourself against the implication of the crisis. You avoid reality. Characteristic in this period is wishful thinking or denial, or repression of your actual condition. For example, an ostomate believes that his/her entire colon is still there and will be connected later.

The Phase of Acknowledgment—In this period, you face reality. As you give up the existing old structure, you may enter into a period, at least temporarily, of depression, apathy, agitation, 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.

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Central Group News

We had eighteen attendees including a new ostomate and his father. I hope they found the resources they were looking for. We enjoyed hearing Frank Essig of Hollister tell about the newest products from the company. Most helpful of all, Frank answered our members' questions about their Hollister products. To the relief of several, there are no plans to obsolete older products and some older products may receive updates to their technology. Hollister provides Secure Start services with product samples, information about the specific type of ostomy, and dedicated support. To learn more, call 1-888-808-7456 or visit www.securestart.com/enroll. We appreciate Hollister's support of our association by running ads in the newsletter and by sponsoring the printing of the newsletter once a year.

Our association is an all-volunteer group of people dedicated to helping other ostomates, j-pouch patients, and other urinary or bowel diversion patients find the help and support they need to live the best life possible. According to our by-laws, the Board of Director volunteer positions are term staggered so that we only have three positions each year that need to be filled. By staggering the terms, the association has continuity and stability. This year, Ron Cerreta, Mary Harle, and Clarice Kennedy have agreed to serve and have been elected by the membership for three year terms. Thank you for your service to the Ostomy Association of the Houston area.

From the UOAA

Suzanne Atkins from the Hernando County Ostomy Association is gathering stories from ostomates to be included in her new book, *On the Dark Side or the Far Side of the Moon*. For more information about this project and to learn how you can participate, click on the link below: <https://sites.google.com/site/hernandoostomyassociation/home/dark-side-or-far-side-of-the-moon>.

***A Patient's Guide to Managing a Short Bowel/Gut* written by a GI Dietician**

Living with short bowel syndrome (SBS) can be challenging. Fortunately, there are things you can do to help the GI track work more effectively. Visit www.shortbowelsupport.com to register for information and **receive your complimentary copy of *A Patient's Guide to Managing Short Bowel***, created by Carol Rees Parrish, MS, RD. This book was written to help people living with short bowel syndrome (SBS) understand the workings of the gastrointestinal (GI) tract and how to maximize what is left. This book can empower patients and their families to take charge of the SBS.

Mark your calendars for World Ostomy Day on October 6, 2012. Look for more on this day later.

Next month, our speaker will be Dr. Gagel who is an expert on the clinical management of osteoporosis. Many of our members

who took drugs long term for ulcerative colitis, for example, are susceptible to osteoporosis. Please join us.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

Support Group Meeting for Baytown in May had a great turnout with 15 in attendance. Frank Essig from Hollister provided a wonderful update on the latest products. There was much interest in the new "Formaflex wafer" which can be stretched to the shape and size of the stoma. This barrier is considered Extended Wear as it has special additives that help it achieve a stronger adhesive seal and is more resistant to breakdown. After time for show and tell, group members had the option to sign up for samples to be sent to them if desired. We appreciate Frank—he always brings a great product, delivers a great program and has fun doing it!

Our next support group meeting is Monday, June 4th. We are scheduled to have a presentation from Jenny Jansson-Smith, RN, CWON representing Stomocur. We hope to see you here!

Cindy Barefield, RN, WOCN
281-428-3033

Northwest Group News

As we approach the summer months, the Northwest Group had a roundtable discussion. Our members were few this month, but that did not keep us from having a wonderful discussion about a great number of topics. One topic that hit home was depression. This affects a great number of people, even those who feel they are not depressed may be experiencing a mild level of depression that needs to be managed. We talked about the precursors that make up depression. The group was able to come up with several ideas to hopefully prevent the person from slipping into a deeper state of depression.

Having a strong support group is a great way of ensuring that a person always has someone he or she can talk to in times of need. I have found myself here many times and I believe if it were not for my dear close friends, I would not be here today.

Our group is looking forward to our upcoming meetings and guest speakers. June brings our annual ice cream social. We would like to see a big turnout. Also, our guest speaker will be a Deputy from the Harris County Sheriff office who will talk to us about personal safety. This should be an exciting month.

—Craig Cooper

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Adhesions & Other Pains that Cramp Your Style

Edited by B. Brewer, UOAA Update May 2012

Adhesions are tough, string-like fibrous bands, often in the small intestine. They may form spontaneously but are more common after surgery, where disturbances caused by tissue manipulation may lead to healing in the form of fibrous tissue, hence adhesions. Some people form them more easily than others.

Adhesions may grow to interfere with the normal motion of the intestine, causing a blockage or obstruction, with food, liquid or even air unable to pass the blocked area. Severe bloating, abdominal pain, vomiting and constipation are symptoms of blockage and present a serious situation requiring medical attention and possible immediate surgery to cut the obstructive adhesive bands.

Abdominal pain, though, doesn't always mean adhesions are blocking the intestines. A frequent cause for such pain is a spasm of muscles responsible for peristalsis, the rhythmic muscular contractions that propel the bolus through the intestines. Muscle spasms in the calf are referred to as a charley horse; spasms in the intestines are essentially the same thing but assume the name irritable intestine or irritable bowel.

Even ostomates who function without colons are not immune from painful spasms in the small intestine. An ileostomate may sometimes suffer from pain that can't be traced to blockage and may be told that adhesions are responsible; the actual cause may instead be a spasm.

The Four Phases of Surgical Recovery

(Continued from page 1)

bitterness and of high anxiety. You hate your stoma, yourself, you cry a lot, pity or condemn yourself. You may not eat, be unable to sleep or want to be left to die. In this phase you need all the support that can be mustered.

The Phase of Adaptation—Now, you actively cope with the situation in a constructive manner. You adapt, during a shorter or longer period, to the adjustments that are necessary. You begin to establish new structures and develop a new sense of worth, with the aid of an ostomy nurse and an ostomy visitor, you can learn about living with an ostomy. Aided by your physician, social workers, ostomy association and family, you go about rebuilding and altering the life that brought about the condition. Sound familiar?

Sports After Ostomy Surgery

*from Swiss Ostomy Website, Edited by B. Brewer
UOAA Update May 2012*

There is no reason to reduce sports activity just because one has had ostomy surgery, though there are some common sense considerations that should be utilized:

A strongly-sticking pouch is absolutely necessary.

There is no need to do anything extraordinary.

One should try to keep

one's pouch reasonably empty. One must consider the physical shape one is in, plus the day-to-day ostomy management.

Avoid sports with high risk of injury, such as boxing.** If you insist on contact sports, and some still do, protect yourself. There are manufacturers of special stoma guards which will permit you to do just about anything. Do not allow the stoma to keep you from doing any activities you wish. Of course, if you are 120 years old, you may want to limit your sports activities to those your body would ordinarily tolerate without a stoma.

A sport that stresses your abdominal muscles too much should be avoided, unless you have slowly and deliberately, under the guidance of a knowledgeable professional, built up these muscles to the point where you can easily perform the skills necessary without undue exertion.

When playing ball games such as tennis, you may want to cover or in some way protect your stoma. There are vendors advertising in the UOAA national publication (*The Phoenix*) that sell stoma caps and stoma guards.

Check your pouch after a strong physical effort. A change of pouch may be necessary due to perspiration and movement. We all get less wear time due to any kind of physical activity. It is better to change the pouch after an exciting, active day than relaxing, yet not putting a strain on your equipment.

Before you go swimming, make sure your pouch is secure and empty. There is no reason that having an ostomy should keep you from swimming. Some people may need to take extra steps, though. If your skin is oily, tape your pouch with pink tape, rather than taking a chance.

Many ostomates water and snow ski. They only take normal, common sense steps when active. The newer ostomy equipment with advanced adhesives works pretty well on its own.

In summary, have fun, do the sports you like. You do need to use some common sense, protect your stoma from injury, then go out and do it.

***Editor's Note: There is a "boxing ileostomate", Craig Wilson who is featured in the award winning documentary, "Farang Ba".*





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

WOCN and ET Directory

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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.

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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: **June 18, 2012**

Program: **Guest Speaker: Robert Gagel, MD**, an expert on the clinical management of osteoporosis

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: **June 4, 2012**

Program: **Guest Speaker: Jenny Jansson-Smith, RN, CWON** representing Stomocur

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 19, 2012**

Program: **Ice Cream Social**—We will also have a Deputy from the Harris County Sheriff's office speak about personal safety.

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: **June 18, 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:

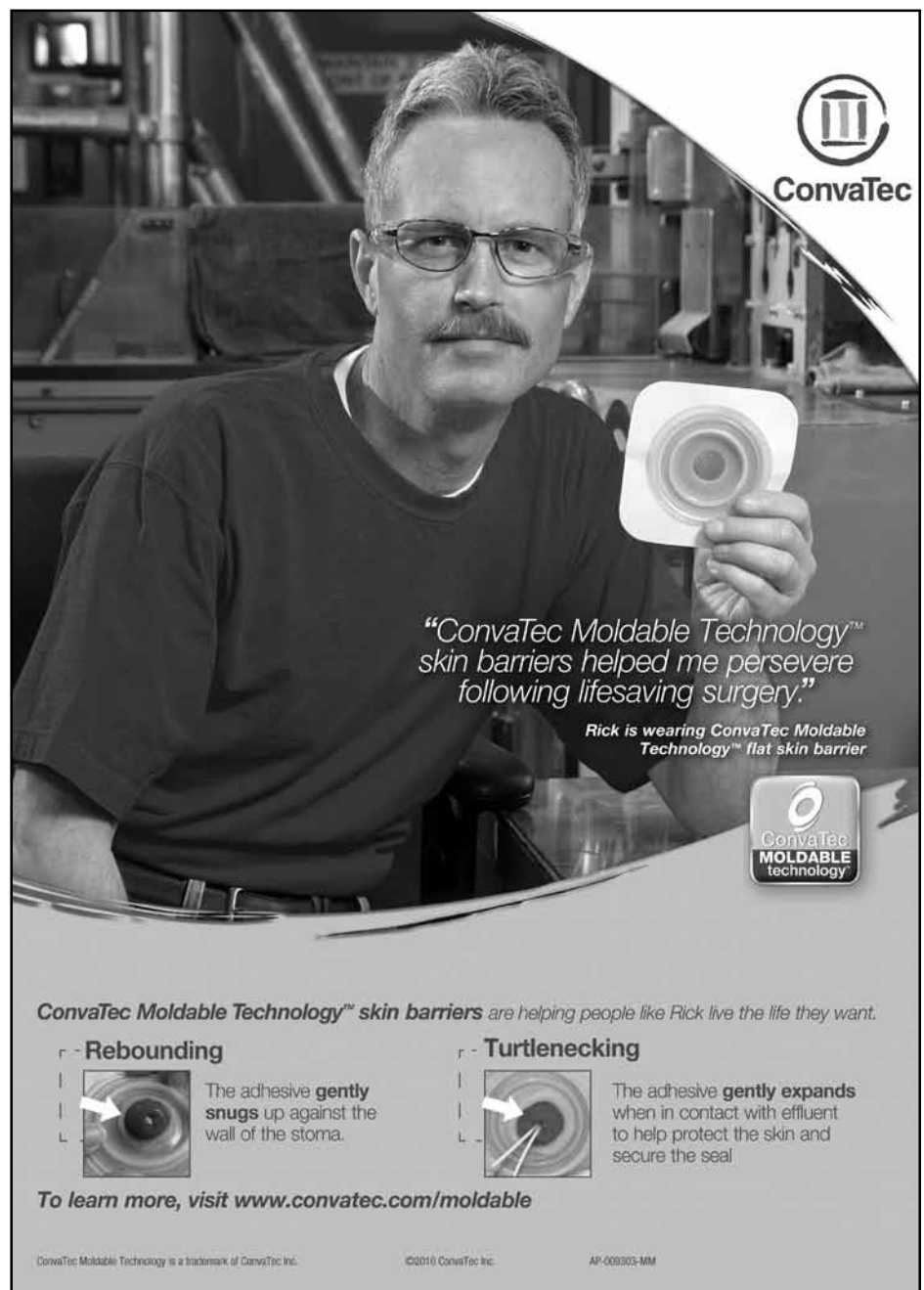
Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

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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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,
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