



June 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

Skin and Ostomy Patients

By Dr. Marie F. Maurice, MD, FAAD, Chief of Dermatology,
Kelsey-Seybold Clinic



Editor's Note: This article has been edited for space. To read the unabridged version, go to our August 2012 newsletter on www.ostomyhouston.org.

The skin is the largest organ of the human body. Healthy skin provides a barrier, temperature regulation (sweating), sensory input, vitamin D conversion, and protection from infection. Fluid loss can lead to short term dehydration, which can cause the skin to regulate temperature inefficiently. The inability to regulate temperature can cause hyperthermia or hypothermia, which can cause damage to the brain, muscles, and kidneys. By staying hydrated, one can prevent dehydration and the damage caused by it.

Long term dehydration causes the skin barrier function to break down making someone susceptible to infections, such as viruses (warts, herpes) and bacteria (streptococcus or staphylococcus). It also makes it difficult for a person to maintain or repair the damage caused by the dehydration as the breakdown of the barrier causes more dehydration.

Dehydrated skin does not repair itself as well as hydrated, normal skin. It is more easily damaged by the sun, causing more dehydration, and cuts that will not heal as rapidly. More importantly, damaged skin can easily become infected with viruses or bacteria.

If the skin is being damaged by dehydration, it becomes more wrinkled, warm, and loses its elasticity. In other words, it does not "spring back into place" as well. A person could become thirsty

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.

due to the dehydration of the skin and body and become lethargic as well.

If a person is dehydrated and ignores the signs, they might also become over-heated and develop heat exhaustion or heat stroke. This can lead to other organ damage and possibly organ failure if severe enough.

Fluid intake is the key to rehydrating. The use of moisturizers and sunscreen to the skin are also helpful in reversing some of the damage and preventing more from occurring. Once the skin barrier is intact again, there is less likelihood of an infection developing as well.

A sunscreen that carries at least a 30 SPF and protects against UVA/UVB is preferred.

Seeking assistance for an important job! Editing Help Needed

Please consider volunteering to serve as editor for this helpful monthly newsletter. The job involves collecting meeting information from the 3 groups (by email), providing articles (original or from archives), and sending info on to the graphic designer (who will be happy to provide guidance and support). **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.com.

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.

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Central Group News

We had a good turnout of about 21 to hear Brian Hakel tell us about his invention, Stoma Shield, and his company, StomaGear. Brian, from Katy, is a hometown guy. After getting an ileostomy at age 33, Brian found challenges in wearing the pouch system with clothes and things like seat belts were uncomfortable so he started looking for solutions and has a whole drawer full of “not quite right yet” prototypes. He evolved the design to create the current product and continues to look at ways to make it better. He has had his business for three years and is selling his product all over the world. The Stoma Shield comes in three sizes and fits one and two piece pouch systems. The Shield accommodates different stoma locations and body sizes. Stoma Shield has a 30 day satisfaction guarantee to exchange or refund if the product doesn't work for you and a Lifetime warranty on the product itself. There is more information at the web site: www.stomagear.com. Further, there is a very inspirational article about Brian in the Spring edition of the *Phoenix* magazine.

Save the date, Saturday, December 5 around noon, for the Holiday Party at the Post Oak Grill. We are hoping that those who haven't attended in the past and those who don't drive at night will be able to attend this year. This is a more central location with complimentary valet parking and no stairs, so I hope to see many more attendees. Look for information about menus and making your reservations in a couple of months.

Our speaker next month has not been confirmed, so please attend and be surprised. No matter, it is always helpful to get together to exchange tips and discuss any issues that may have come up among members of the group. Most of all, it is good for you to be there for the new ostomate who may attend.

Best regards,

Denise Parsons

President, OAHA, 713-824-8841

Save the Date for our Annual Holiday Party!

Mark your calendars now for our holiday party.

When: Saturday, December 5, 2015

Time: Noon

Where: The Post Oak Grill, just north of the Galleria

More to come regarding menus and reservations.

Baytown Group News

“Having Fun with Fitness” was the focus on the presentation for Michelle Jernsletten, Physical Therapist from Houston Methodist San Jacinto Methodist. Michelle inspired all who attended to meet the challenge to include a little bit more motion into each day. After all—what is the very BEST exercise for YOU...the one that YOU will do!

Michelle explained the benefits of including Interval training in our daily lives. Interval training is basically exercise which consists of activity at high intensity for a period of time, followed by low intensity exercise for a period of time. With this method—you not only break up the difficulty, your body gets the benefit for a longer time!

Another interesting idea is to use one's free time to incorporate exercise. Activities such as Kegel exercises while you are waiting at a red light or up and down on your toes while standing in line are FREE & EASY to accomplish! Michelle reminded us that when we exercise we should follow some common safety rules to protect our bodies from injury such as:

- Keep a wide base of support as you stand which promotes good posture & provides a sturdy foundation for exercise
- Do not twist when moving or lifting
- Do not hold your breath or strain to continue exercises
- Take breaks to prevent tiring your muscles
- Stretch out after exercise

Michelle encouraged those attending to share the activities they enjoyed. Raking leaves and riding a stationary bike as well as walking were some common themes. Posture is important and you want to engage the stomach muscles with exercise. Michelle provided yellow exercise bands for all of us. We worked through the process of stretching out and holding for a count of 5 each time. With deep breathing and careful attention to roll and stretch, the group had quite a relaxing and informative session. We thank Michelle for not only sharing her expertise as a Physical Therapist but for inspiring us to include more motion in each day!

For our next meeting on Monday, June 1, we have Kris McNeill, Ostomy Sales Specialist from Hollister joining us. I hope you will plan to attend.

Cindy Barefield, RN, CWOCN

281-428-3033



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

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

Northwest Group News

Half a dozen mates showed up for the light refreshments and to hear what former Editor Patti Suler had to say on the topic of giving back. Aside from the fresh baked pound cake with strawberry glaze, Patti spoke about her own struggles in giving back to the group after receiving so much needed support in the beginning. She noted that although information was more available on the internet, that it was not always correct nor helpful. There just weren't any valid replacements for being in the presence of other people who had undergone the same battles.

Life prevails, and it is not always easy to give back or be available to share. Various roles such as visitor, board member, and coordinator were reviewed. Additionally, a roster was started for volunteer call-ups. These volunteers can be contacted for any project/need and given the opportunity to decline. Tony Romeo was recognized for his ongoing contribution as the group's contact person.

We missed Suzanne, Christy, Gay Nell, Tony, Jane, Gen and Craig. Speaking of others, both Jane and Gen have commented recently that they miss attending the monthly group and they are working at coming back from their complex recoveries.

Next month on Wednesday, June 17, Hollister representative Kristine McNeill will be joining us.

Tony Romeo
936-588-4031

When to Call the Doctor or Ostomy Nurse

The Right Connection, Ostomy Assn. of San Diego
UOAA Update May 2015

- If cramps last more than two or three hours.
- If you get a deep cut in the stoma.
- Excessive bleeding from the stoma opening or a moderate amount in the pouch after several emptyings.
- Bleeding at the juncture of the skin and stoma.
- Severe skin irritation or deep ulcers.
- Unusual change in size or appearance of stoma.
- Severe watery discharge lasting more than five or six hours.
- Strong odor lasting more than a week.
- Any other usual occurrence regarding the stoma.

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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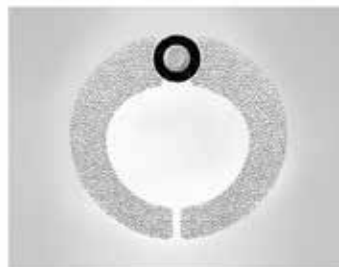
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National Conference Information

ON THE SHORT SIDE

By Kathy Ward: UOAA May 2015

The UOAA's 5th National Conference will be held in St. Louis MO, from September 1–6 and the closer the event gets the more calls I get. Here are a few questions I've been receiving about the upcoming Conference:

Question:

Are there rooms still available at the Hyatt for the UOAA's 5th National Conference?

Answer: Yes, there are still rooms available and it looks like this year's Conference is going to be spectacular. So don't miss out! You can register for the Conference and make your room reservations with the Hyatt for the event by going online at www.ostomy.org. Remember the date is September 1–6.

Question: What kinds of events and/or workshops will be available at the Conference?

Answer: The list is long, but here are just a few from each day:

Tuesday, September 1

Conference Open Registration
UOAA President's Reception

Wednesday, September 2

Yoga & Meditation
Ask the Docs
Pain Management

Thursday, September 3

Basic Ileostomy
Male Spouses of Partners Meeting, Non Ostomates Only
Coloplast Medical Chair, motivational speaker by
Dr. Katherine Jeter

Friday, September 4

Exhibition Hall with continental breakfast
sponsored by Shire/NPS Pharma
Meet with UOAA President followed by Support Group Chatter
The "Barrier" Cooking Show

Saturday, September 5

Nutrition and the Ostomate
Have Ostomy Will Travel
Closing Ceremonies

We look forward to seeing you there!

More detailed conference information is available at:
http://www.ostomy.org/2015_National_Conference_Page.html

UOAA National Convention—September 1–6, 2015

September 1–5, 2015 marks the date for the Fifth UOAA National Conference in St. Louis, MO.

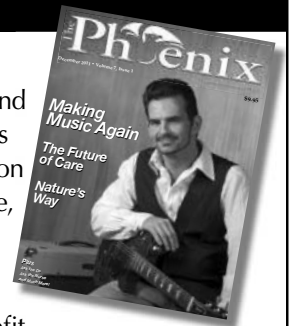
"Gateway to a New Life" will be held at the Hyatt Regency St. Louis at the Arch.

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.



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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: **June 15, 2015**
Program: **Guest Speaker: TBD**, Be delighted and surprised!

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: **June 1, 2015**
Program: **Guest Speaker: Kris McNeill**, Ostomy Sales Specialist
 from Hollister

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, June 17 2015**
Program: **Guest Speaker: Kris McNeill**, Ostomy Sales Specialist
 from Hollister

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 15, 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.

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



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