



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

**July 2008**

PO Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://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: July 21th, Monday evening**

### **Program: ConvaTec**

Tabitha Schroeder with ConvaTec will present our July program. Join us for an update on new products from ConvaTec and a chance to ask questions about the products.

## **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: July 22nd, Tuesday evening**

### **Program: Ice Cream Social**

Please join us for ice cream, good company, and good discussion.

## **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: July 28th, Monday evening**

### **Program: ConvaTec**

Our program will be presented by Tabatha Schroeder with ConvaTec. Please join us.

## **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

We had 23 in attendance at the June Central Group meeting for the presentation by Beryl Kaminsky, LPC, CT who does Loss and Grief Counseling. She is a Licensed Professional Counselor and a Certified Thanatologist; Thanatology is the study of social and psychological aspects of death and dying, as practiced by thanatologists. She explained that ostomates may experience grief due to loss of body parts or simply the loss of the body being able to function as we previously were accustomed. Apparently, our bodily loss can trigger an emotional response very similar to the loss of a loved one. The slides from her presentation will be available on our website in the near future, <http://www.ostomyhouston.org/>.

To find out more about Beryl Kaminsky, you can go to her website, <http://www.houstongriefcounselor.com/>.

We wish to thank Jane for bringing the very delicious refreshments to the meeting.

Get Well Cards were passed around the meeting so that everybody could sign a message to Dorothy who is apparently recovering nicely from having her knee replacement surgery done, and to Mary Beth who is having some problems.

Don't forget to printout the barcode sheet from Krogers that you can find on our website and have the checker at the checkout counter scan this right after they scan your Kroger card when you checkout.

Next month in July we will be having our Convatec representative, Tabettha Schroeder, give a presentation on their products and answer any questions that we may have about products we are using and new products that will be soon coming out.

See you at the Meeting,  
*Terry Marriott*

The shortest measurable interval of time is the time between when I put a little extra aside for a sudden emergency and the arrival of that emergency.

The United Ostomy Associations of America (UOAA) can be contacted at  
**[www.uoaa.org](http://www.uoaa.org)**.

### How to stop people from bugging you about getting married

Old aunts used to come up to me at weddings, poking me in the ribs and cackling, "You're next." They stopped after I started doing the same thing to them at funerals.

### The Bathroom Diaries World's Largest Database of Bathroom Locations

Created in February 2000, **The Bathroom Diaries** rates 12000+ public bathrooms in more than 120 countries, providing a wealth of information to both travelers and urban dwellers. The largest enterprise of its kind in the world, The Bathroom Diaries was founded and is operated by Mary Ann Racin, an entrepreneur whose professional background is in art, education and international finance. Racin and The Bathroom Diaries have appeared on CNN, the BBC, USA Today and The Washington Post. TechTV has called the website, "the best idea ever."

[www.thebathroomdiaries.com](http://www.thebathroomdiaries.com)

Click to the city you will be visiting and get a list of restroom locations and their conditions. It is helpful to know when visiting Istanbul that the best restroom in the area may be at the train station.

### HELPFUL HINTS

- Try strong brewed tea before purchasing a diuretic. Hot tea twice a day will wake up your sluggish kidneys.
- When ill with nausea and diarrhea, try eating pretzels. They are easy to digest and high in sodium.
- Rice Krispies can help slow the amount of stool; a great breakfast choice with a small amount of skim milk, or eaten dry.
- Control the amount of fat in your diet. Fats induce an increased flow of bile into the intestines and make body waste more liquid and harder to control, while also producing more gas.
- Cheap club soda is an extremely effective cleaner for feces and urine spots. It is also great for pet and baby cleanups.
- Yogurt is very helpful in controlling gas. The bacteria used in making yogurt help in digestion and in regulating bowel action. These bacteria are enemies of the E-coli bacteria and others.

## 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](mailto: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](mailto: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](mailto: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.

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You can also  
order online at  
[www.uoaa.org](http://www.uoaa.org)

## NUTRITION TIP

Via [AARP NEWS@news.aarp.org](mailto:AARP_NEWS@news.aarp.org)

Try plain, nonfat yogurt as a healthy alternative to mayonnaise and sour cream in dips, salad dressings, and other recipes. You'll get healthy bacteria, less fat (0 grams per eight-ounce serving instead of 75 for mayo and 47 for sour cream), and fewer calories. A whole cup of plain, nonfat yogurt has the same number of calories — 100 — as only one tablespoon of mayo!! ♣



## Factors that Affect Ostomy Function

UOAA UPDATE 5/08

Ostomy function may be changed by a variety of medications and medical treatments. This is common. The following are examples:

**Antibiotics**—These often cause diarrhea, even in patients without an ostomy. Make sure your doctor knows about your ostomy, and inform him/her of problems as they occur. Drink plenty of liquids that will help maintain your electrolyte balance if diarrhea strikes.

**Pain Medications**—These are often constipating. Extra irrigations or laxatives or stool softeners might be required for colostomates to combat the side effects of pain medications. Perhaps the dosage of pain reliever may be reduced to eliminate the situation. Again, be sure to drink plenty of liquids.

**Chemotherapy**—Many cancer patients have follow-up chemotherapy after surgery or as an alternative to surgery. That often produces nausea and/or vomiting. You need to drink fluids that help you maintain your body chemistry balance.

**Radiation Therapy**—This often produces the same effects as chemotherapy.

**Travel**—Travel may cause constipation in some people and diarrhea in others. Be aware that these are possibilities. Altered diet when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irrigations and take along an antidiarrhea medication.

**Antacids**—Some types of antacids may cause diarrhea—usually those with magnesium. There are many fine new products on the market. Find out which is best for you.

**Drink plenty of liquids.** You need to maintain your electrolyte balance in case of diarrhea. Tea, orange juice and even Coca Cola are sources of potassium. Bouillon cubes mixed in hot water are a source of sodium. Remember that some of the signs of electrolyte imbalance are irritability, nausea and drowsiness.

## ASK THE ET. . .

by Clarice Kennedy

### Do I have to obtain a prescription from my surgeon to go scuba diving? Can I scuba dive with an ileostomy?

I have known other ostomates who have gone scuba diving. The request for a prescription may be related to a liability issue. Scuba diving is done in the ocean, and there should not be a problem if leakage should occur. It can and has been an issue for some who have needed water therapy in pools at some Physical Therapy facilities. I would suggest not eating much prior to this activity and to make certain the ostomy device was well secured with a water proof tape. With a securely attached appliance a person with an ostomy can participate in almost any sport or activity which he or she feels capable and enjoys doing. Other than lifting extremely heavy weights an ostomate should live a full, normal life and participate in all activities he or she desires.

## How to Give Your HDL a Boost

UOAA UPDATE 5/08

More than ever, the most recent government guidelines emphasize the health benefits of having a good HDL level. It's harder to raise levels of this "good" cholesterol than it is to lower the "bad" kind, but there are some things you can do.

### **You can:**

*Get aerobic exercise.* The longer and harder you exercise, the greater the effects will be.

*Watch your weight.* Lose excess weight through daily exercise and sensible eating.

*Stop smoking.* Smoking lowers HDL by an average of five points and increases your total cholesterol level.

*Talk to your doctor about medication.* Your doctor can prescribe cholesterol-lowering drugs that can help to improve your cholesterol reading.

*Replace saturated fats with polyunsaturated or monounsaturated fats.* For example, use olive oil for cooking.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

- James Dent



## BAYTOWN SUPPORT GROUP

Baytown's May meeting was re-scheduled to the first Monday in June due to the Memorial Day Holiday.

The group focused on a topic that was requested on the survey tool last month. The presentation was "Good Eating Habits and Good Health with an Ostomy". The topic was lighthearted and fun with an overview from the booklet printed from the education section on the Hollister website. Each member received a copy to take home for further review should they desire to do so. This is a wonderful resource for ileostomates and colostomates alike!

Our group will not meet again until July 28. Tabatha Schroeder with ConvaTec will provide our program.

Sincerely,

***Cindy Barefield, RN, WOCN***  
281-420-8671

## NORTHWEST GROUP HAPPENINGS

We had 10 people attending last month. Jenny Jansson-Smith with Sterling Medical Services presented the program. Jenny shared lots of goodies, pens, notepads, etc.

Refreshments were provided by Linda, Gay Nell, and Penny.

Our July meeting is our annual Ice Cream Social. Join us for a cool treat and a discussion about hot weather issues.

See you there!

***Gay Nell Faltysek***  
281-446-0444

***Tony Romeo***  
281-537-0681

## KEEP THE WEIGHT OFF!!

Source: *Prevention Magazine*

- ♣ Sit down to eat. Take the time for 3 or 4 meals.
- ♣ Snack only when you're hungry.
- ♣ Use shopping lists to avoid fattening impulse buys.
- ♣ Peruse the produce section, check labels, and generally eat a nutritious diet.
- ♣ Relieve stress by learning alternative ways of coping. Walk or talk with a friend instead of spooning up ice cream.
- ♣ Dance, bicycle, join a softball team—whatever it takes to make exercise pleasurable.
- ♣ Enjoy chocolate guilt-free, but limit intake to two candy bars a week.
- ♣ Don't be on and off a diet. Creating a healthy lifestyle is a week-, month-, and year-long practice that takes time. ♣

## Notable Quotes Found on Home Décor

10/07 UOAA UPDATE

Dear IRS:

I would like to cancel my subscription - Please remove my name from your mailing list.

A balanced diet is chocolate in both hands.

A friend is someone who thinks you're a good egg even though you're slightly cracked!

## Really Important Stuff My Kids Have Taught Me...

- ~ Aim before you blow your straw paper.
- ~ If you stay clean, you'll never have fun.
- ~ Don't always act your age.
- ~ If splashing in puddles means you have to wear wet shoes for the rest of the day, sometimes it's worth it.
- ~ When you're being dragged, let go of the leash.

## SUGAR UP? GO DOWNHILL

Source *Prevention Magazine*

If you worry that downhill are a waste of workout time, don't. Austrian researchers tracked two groups (45 people in all) for four months. The volunteers hiked 3 to 5 days a week in one direction on a long hill—either up or down. The downhill hikers had a 25% drop in blood sugar levels, compared with a 9% dip among the uphill crew. The reason may be that leg muscles demand more blood as they lengthen on a downhill, and more flow helps clear sugar. No long hills to descend? Staircases in tall buildings are another option. \*

## SIBLING SIGNS

If your brother or sister had heart disease **before age 55**, tell your doctor. A Johns Hopkins study of 8,500 adults finds that your risk mirrors your siblings' more than your parents'. \*

## GENERAL TIPS ON NUTRITION

via *Bluebonnet*, Central TX Chapter, Waco-Temple and *Rose City Ostomy News*, Tyler, TX

- \* There is no special diet—everyone is different. Learn what you can tolerate.
- \* Know what part of your bowel was removed as this effects how nutrients and electrolytes are absorbed. Know that dietary fiber is an important part of a healthy diet. A diet high in fiber may prevent the development of diverticula, hemorrhoids, and possibly colorectal cancer. If you can't eat the recommended amount of fiber foods, try OTC bulking agents like Konsyl or Metamucil.
- \* Chew foods slowly and well. Foods that expand in water like dried fruits, mushrooms, corn, seeds, and popcorn have the potential to cause blockage.
- \* Keep yourself hydrated by drinking plenty of water to aid digestion, to help prevent constipation, and reduce kidney stone formation.
- \* Liquids that help meet daily requirements include: caffeine-free sodas, milk, juices, some fruits and vegetables.
- \* All foods are part of a balanced diet and should be added back slowly after surgery. For a healthy body, protein from meat, chicken, egg whites, fish: good energy foods from grains, fruit, vegetables, dairy products.
- \* **Ileostomate:** Drink lots of liquids and chew your food well. Try eating marshmallows or bananas to absorb liquid in stool to make pouch changes easier.
- \* **Urostomate:** Drink plenty of liquids. You need to know that asparagus will produce a strong odor in urine.
- \* **Colostomate:** Generally diets/foods tolerated before surgery will not have to change after surgery. You may prefer to reduce gas-producing foods such as beans, broccoli, and cauliflower. Eliminate odors from the pouch by chewing parsley and rinsing the pouch with mouthwash. \*

**It's hard to make a come-back when you haven't been anywhere.**

Written in the dust on the back of a bus in Wickenburg, AZ.

## 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](http://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.

# 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](mailto:neighbortoneighbor@kroger.com). Additional information is also available at [www.krogerneighbortoneighbor.com](http://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.

## ADHESIONS AND OTHER PAINS THAT CRAMP YOUR STYLE

via Rose City Ostomy News, Tyler, TX

Some people form adhesions more easily than others. Bands of tough, string-like fibrous tissue, adhesions may form spontaneously but are more common after surgery, where the disturbances caused by tissue manipulations may lead to healing in the form of fibrous tissue, i.e. adhesions.

If adhesions interfere with the normal motion of the intestines, a blockage or obstruction may occur, with food, liquid, or even air unable to pass the blocked area. Severe bloating, abdominal pain, vomiting and constipation occur. In such a serious situation, immediate surgery to cut the obstructive adhesion bands is often necessary.

In many cases the possibility of adhesions wrongly get the rap for abdominal pain. A frequent cause for cramping is a spasm of the muscles responsible for peristalsis, which propels the bolus through the intestine. A muscle spasm in the calf is referred to as a 'charley horse'. Spasms in your intestines are essentially the same thing but assume the name 'irritable intestine'.

The removal of the colon does not guarantee immunity from painful spasms in the small intestine. Thus, the ileostomate occasionally may suffer from pain that can't readily be explained on the basis of blockage, and may be told that adhesions are responsible when the cause may be a spasm.

## IS IT NORMAL FOR MY STOMA TO BLEED?

### What causes it?

by Gwen Turnbull, RN, BS, ET

It's normal to see a bit of blood on your washcloth as you cleanse around the stoma. The tissue from which the stoma is fashioned is very much like the lining inside your mouth. You know how easy it is to nick your gum with your toothbrush and cause it to bleed. It's the same with your stoma. If you injure your stoma, it will bleed. If you take blood thinners or other medications (such as aspirin or aspirin-containing medications), your stoma may bleed more than normal. If you have another condition, such as portal hypertension or cirrhosis of the liver or another liver condition, the stoma can bleed excessively. The bottom line is that if you can't stop stomal bleeding within 15 minutes or the bleeding is excessive, you should seek medical attention immediately.

*At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.*

**Albert Schweitzer**

## WHAT TO DRINK WITH DRUGS

10/07 UOAA UPDATE

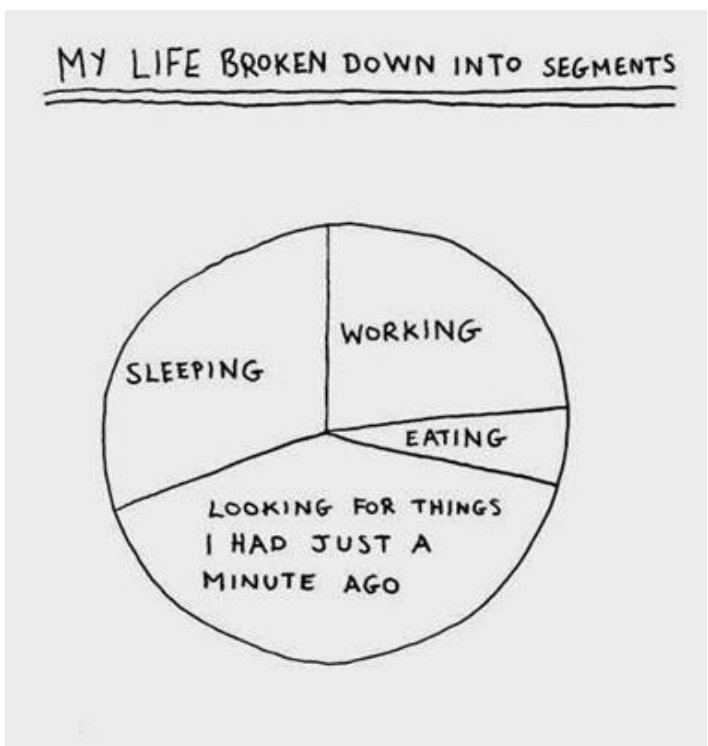
How many times have you received a prescription with the instruction to "take as needed" or "take before meals?" Pretty vague, but many people do not stop to question further, assuming the medication will work, no matter with what they swallow it.

Acidic drinks, such as fruit juice or soda pop, may chemically destroy certain kinds of antibiotics, including penicillin, ampicillin, or erythromycin. Citrus fruit juices may reduce the effect of antidepressants, antihistamines or major tranquilizers by speeding their urinary excretion.

Milk can interfere with a number of medicines. The laxative Dicolax, for example, has a coating designed to ensure that the drug will dissolve slowly within the intestine. But if the medication is taken with milk, which is alkaline, it may dissolve prematurely within the stomach, lose its cathartic action and irritate the sensitive stomach lining. Milk can also block the action of tetracycline. If a doctor fails to warn his patient not to take this antibiotic within an hour of any dairy product, he might be puzzled to hear the infection he was treating has not disappeared.

Even something as simple as tea, hot or cold, may cause problems. A woman given a mineral supplement to treat iron-deficiency anemia would probably be surprised to learn that the tannin in tea can undo the benefits of her iron pills.

To play it safe, you can always rely on GOOD OLD WATER!! Water will not interact with drugs or reduce their effectiveness. ♦





## ADD IT UP

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

19 27 35 35 26 24 18

25  
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26

Fill in the blank spaces with numbers between 1 and 9. The numbers in each row must add up to the sums in the right-hand column. The numbers in each column must add up to the sums on the bottom line. The numbers in each diagonal must add up to the sums in the upper and lower right cor-

## WATER, WATER EVERYWHERE!!

Can you arrange the items below into four equal categories? Title the categories.

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Red	Arctic	Mississippi	Amur
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Visit our website at [www.convatec.com](http://www.convatec.com)



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Codee remains the same  
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HCPCS Code: A4405

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## CARBOHYDRATE CONFUSION

via Evansville, IN UOA Chapter Newsletter

Are you among the many confused by the latest carbohydrate debates sparked by the recent wave of low carb diets? Carbohydrates are the starches, fiber and sugar in foods converted to glucose in the body for use as the main source of energy. The National Academy of Sciences recommends both children and adults eat at least 130 grams of carbohydrates each day for brain function. Most people consume far more calories from carbohydrates than necessary, often from empty calorie sources such as sweets, chips, fries and sodas. These sources of carbohydrates pack little nutritional punch and the calories add up quickly. But is the opposite necessary? Extremely low-carb diets can compromise adequate grain, fruit and vegetable intake, which are shown to fight cancer and heart disease. Not all carbs are created equal. Don't just count your carbs, make your carbs count! The best bet for long-term weight loss is to include a variety of foods each day including whole grains, fruits, vegetables, lean meats, and low-fat dairy foods. Be conscious of portion sizes and increase physical activity. Please consult a medical professional for individual advice. \*

# Introducing

## STOMOCUR™

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- ▶ Longer wear time
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*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,  
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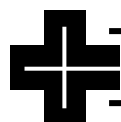
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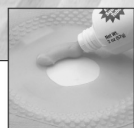
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 Clarice E. Kennedy, CET  
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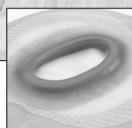
## Adapt

Ostomy Accessories

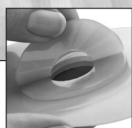
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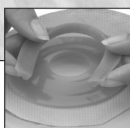
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