



July 2010

# 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](http://www.ostomyhouston.org)

## Quality of Life Survey—A Chance To Be Heard

OAHA members were recently invited to participate in a Quality of Life (QOL) survey for ostomates who have at least six months or more under their belt with a stoma and who are at least 18 years of age. This study is being conducted by two ostomy nurses at the Duke University Hospital in Durham, NC, Jane Fellows and Leanne Richbourg. The results will be submitted to the Journal of Wound Ostomy Continence Nursing and also published in the *Phoenix*.

The survey takes less than ten minutes to fill out and its information can be very important to ostomates, current and future. Jane Fellows advises that the most important part of taking the survey is to make sure that you complete all the questions, even if they don't apply. Surveys that are not completely filled out have to be discarded from the totals. Simply placing N/A for not applicable on the question line will meet the requirement if it does not apply to your circumstance.



Quality of life is an important issue for surgeons and patients when assessing potential ostomy surgical solutions. This study is also very special because few studies have actually been conducted to assess QOL after ostomy surgery.

Improvements in knowledge, support and products have dramatically benefitted ostomates in the way they live their day to day lives. Your participation in this study can help address misconceptions and outdated thinking. Contact your group to participate in these anonymous surveys.

### 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.

## Heat Stress

*Compiled from web sites including the Centers for Disease Control, Dept. of Health & Human Services, National Safety & Health Institute*

Heat stress is caused by exertion, hot environments or both. The most common forms are heat cramps, heat exhaustion or heat stroke with heat stroke being the deadliest. Those most prone to heat stress are elderly people, people with high blood pressure and people working or exercising in a hot environment. Learning the symptoms and solutions can make this summer a safer place for you and your loved ones.

**Heat Cramps** are caused by excessive sweating during strenuous activity. Sweating depletes the body's salt and moisture levels.

*Symptoms can include:* Muscle cramps, pain, or spasms in the abdomen, arms or legs.

*Solutions:* Stop all activity, sit in a cool place. Drink fluids (juice, sports beverage or water). Pedialyte is recommended for ostomates.

*(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.

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## Central Group News

We had 26 attendees at the Central Meeting on Monday, June 21. We missed our President, Terry Marriott, and his wife, Mary, who are touring Europe with their church choir and we hope they are having a fun trip. We had a few items of business to note. We received \$680 from the Kroger Neighbor to Neighbor Program this year. Every year, we must all renew our Kroger card connection to our organization by scanning the bar code assigned to us. Watch for the Kroger letter in our newsletter. If you don't find it, the form is available on our web site and we will have forms at the next few meetings. If you shop at Randalls, please associate our assigned number, 3698, with your Randalls shopping card. Unlike the Kroger program, once the number is associated with your card, it stays with it unless you change it. These shopping programs provide enough funds to cover the publication of several newsletters which is our largest expense. So, please scan your grocery card and shop, shop, shop!

We have not had a Membership Committee for a while so many of the tasks that the committee performs have been limping along. Fortunately, Dale and Jenrose volunteered to help out. Thank you! The Membership Committee assembles newcomer packets that include a copy of the *Phoenix*. If you have old copies that you would like to contribute, please bring them to the next meeting.

We are still looking for a Librarian to manage our small assortment of books and pamphlets.

In addition, we have an amazing collection of information contained in our many years of newsletters. Our newsletter editor, Patti Suler, has suggested that we index the articles in our old newsletters on the web site. She is looking for volunteers to review the old newsletters and note the informational articles found in each edition. A newsletter archive index would provide a wonderful resource. If you can help, please contact Patti.

We continued our meeting with a Beach Party Roundtable and then broke into smaller groups to help those with questions and concerns.

**Denise Parsons**, First Vice President, for Terry Marriott

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

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.

## Northwest Group News

We had a dozen attendees for our June meeting. Polly Burleson with Convatec came to share exciting news about several products. Ms. Burleson provided information on the new Vitala™, a 'pouchless' ostomy management system for colostomates. The current June issue of *Phoenix* magazine is also carrying an article on the Vitala.™ The Vitala™ also netted ConvaTec a gold award in innovative medical product design.



**We voted to change our meeting date to the third Tuesday of every month. Please mark your calendars.**

Patti provided refreshments. We missed Leonard—you get well now real soon! Next month is our Ice Cream Social and a guest speaker from Edgepark Medical Supplies.

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

**Anthony Romeo**  
281-537-0681

## Save the Date Upcoming OAHA Program Speakers

### CYMED MicroSkin™

The Ostomy Association of the Houston Area is proud to welcome a new company advertiser CYMED. Located in California, CYMED is best known for its MicroSkin™ pouching system. Their slogan "Life Without Limits" says it all. You can learn more about CYMED by visiting their web site at [www.cymedostomy.com](http://www.cymedostomy.com). CYMED will be sending a speaker to the OAHA August meetings for both the Central and Northwest groups. Watch the upcoming meeting announcements for more details.

### Gordon Scott, Ostomy Armor Creator

Gordon Scott, a highly active man (former military) found life was limiting with his stoma. He chose to do something about it rather than change the way he lived his life. Ostomy Armor was the result. Mr. Scott will be joining both the Central and Northwest Groups as their November speaker. Scott's personal story can be found on his web site [www.ostomyarmor.com](http://www.ostomyarmor.com) along with detailed information about his custom stoma protection products.

## Baytown Group News

The June meeting of the Baytown Ostomy Support Group had an outstanding presentation by Dr. Marcus Aquino, Colon/Rectal Surgeon. Dr. Aquino sat with the group and discussed the topic of hernias. He explained the many varieties of hernias and options for treatment. According to Dr. Aquino, hernia repair may be as simple as the tightening of the stoma opening (where the hernia occurred) or could involve a new collagen mesh made from pig intestine. This new material has shown promise in patients whose bodies tend to reject mesh materials and form adhesions. Conservative methods of treatment were also discussed for those patients who are not surgical candidates. We appreciate Dr. Aquino sharing his expertise with us!

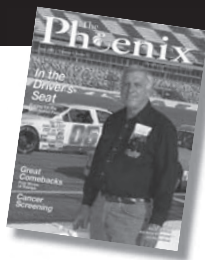
Next month: August 2—Frank Essig from Hollister will be here. Don't miss it!

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

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

## It's All Here!

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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

### Annual subscriptions: \$25 (4 issues)

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UOAA Donation (optional)

0508 SG HLFAD

## Heat Stress *(continued from page 1)*

Seek medical attention if you have any of the following health issues: heart problems, hypertension, are on a low-sodium diet, or if the cramps do not subside within one hour.

**Heat Exhaustion** is caused by the body's response to an excessive loss of water and salt, usually through heavy sweating.

*Symptoms can include:* Rapid heart beat, heavy sweating, extreme weakness or fatigue, dizziness, nausea, vomiting, irritability, fast, shallow breathing and a slightly elevated body temperature.

*Solutions:* Rest in a cool area, drink plenty of water or other cool beverages, take a cool shower, bath, or sponge bath.

Seek medical attention if the symptoms do not resolve or worsen within an hour.

**Heat Stroke** is a condition that occurs when the body becomes unable to control its temperature. Heat stroke can cause death or permanent injury.

*Symptoms can include:* High body temperature, confusion, loss of coordination, hot, dry skin or profuse sweating, throbbing headache, seizures, unconsciousness.

*Solutions:* Seek immediate medical assistance—Call 911.

Preventive measures include working outside during the cooler times of day, wearing loose, cotton clothing, hats, sunscreen and staying well hydrated.

## UOAA National Conference August 7–11, 2011

**Start saving now for an incredible experience  
at convention prices!**



## Semi-annual Dues

As a completely volunteer ostomy support group, we are dependent on your dues and other gifts to continue our service to those in our community who need us. Membership dues are collected twice a year based on the initial enrollment month. Save money and time by responding to the first notice. Notices are being sent out now. Please consider renewing your membership. We all benefit from the Ostomy Association of the Houston Area in many forms: meetings, special events, visitor training and newsletters. Every one of us has received support from this organization and even if you can't make all the meetings, by continuing your support, others will have the same opportunities. If you have a little extra, consider making a donation to cover dues for someone else. If you would like to join and cannot find the funding, contact a board member to see if support is available. All membership grants are kept confidential.

## Take Steps for Crohn's & Colitis

Newsletter Editor Patti Suler walked with friends and family on June 12 at Discovery Green. Team Captain Pat Thompson and other nurses were unable to attend due to the conflict with the WOCN Conference in Arizona. Team Captain Thompson was represented by her daughters Melanie and Mary Beth along with friends. It was a sweat-soaked event but well worth the effort. The Ostomy Association of the Houston Area raised almost a thousand dollars this year toward a cure.

We wish to thank everyone (friends, family, doctors, nurses and vendors) who supported us each year. To see a complete list of contributors, go to [www.CCTakeSteps.org](http://www.CCTakeSteps.org), click on "Donate to a Walker," enter Ostomy Association of the Houston Area in the search individual/team box and hit "enter." Once our team page displays, the contributors' names are displayed in the scroll box on the right side.



### WOCN and ET Directory

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

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

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

Catherine Walsh RN, BSN, CWOCN (409) 747-3070  
cmwalsh@utmb.edu Fax: (409) 747-3038  
UTMB @ Galveston

## 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:** **July 19, 2010**  
**Program:** **To be announced**

## 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:** **Monday, July 12 (because of July 4th holiday)**  
**Program:** **Roundtable**

## 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:** Anthony Romeo 281-537-0681  
sa1tmr@sbcglobal.net  
**Meeting:** **July 20, 2010**  
**Program:** **Ice Cream Social & Guest Speaker from Edgepark Medical Supplies**

## 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:** **Monday, July 19, 2010**  
**Program:** **Roundtable**

*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 and sent to:

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

### 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 and sent to:

Ostomy Association of the Houston Area  
Attn: Lorette Bauarschi, Treasurer  
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 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](mailto:lbauarschi@sbcglobal.net) or send your request to:

Ostomy Association of the Houston Area  
P. O. Box 25164  
Houston, TX 77265-5164

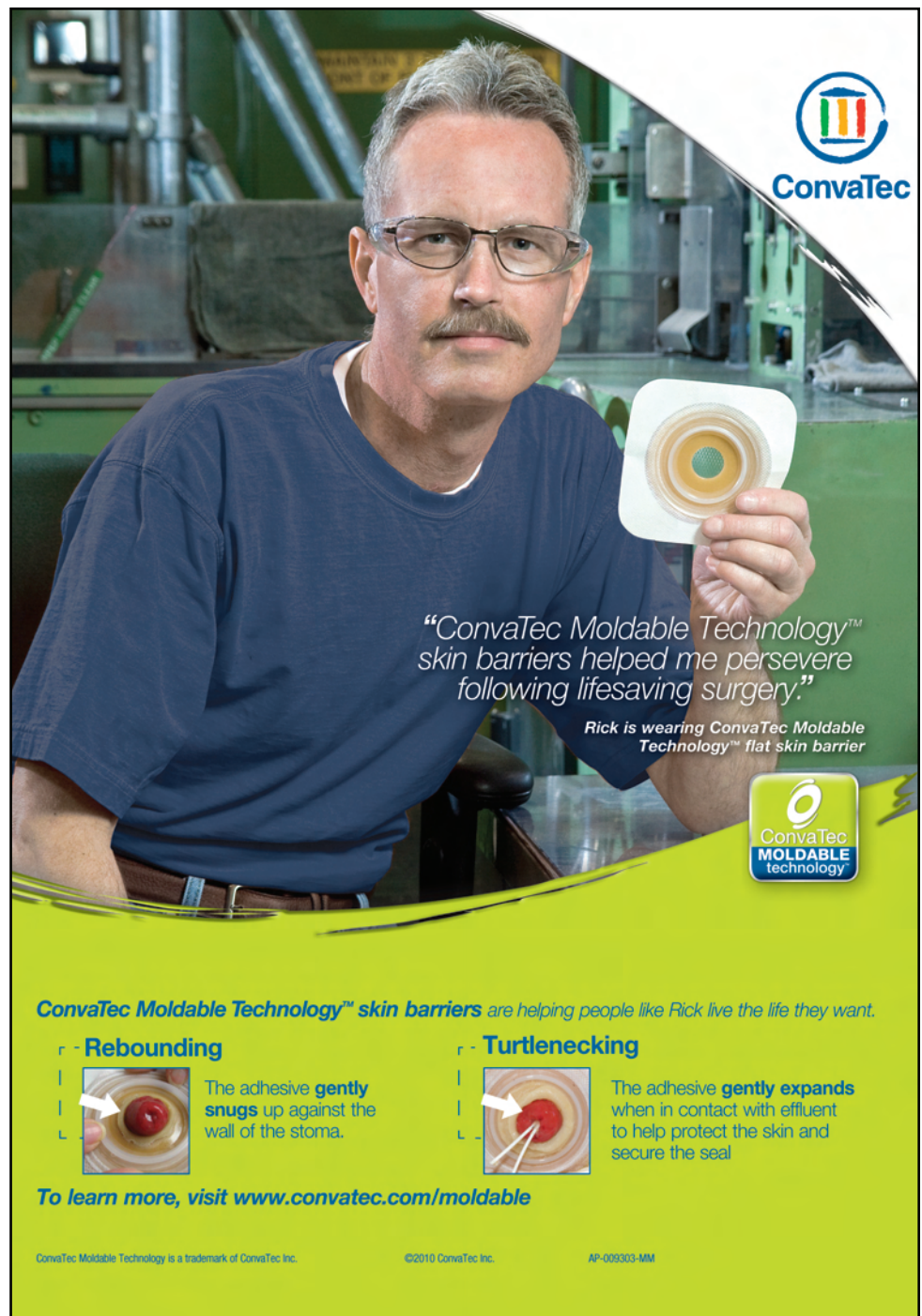
### Donation of Supplies

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. Send your check in the amount of \$25.00 to:

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



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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 \_\_\_\_\_

### 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                          |

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

☐ 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.





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