



"We help ourselves by helping others to help themselves."

Ostomy Association of the Houston Area

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

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. Dues are collected by all organizations across the United States. Our rate is in the lower quadrant than most groups. Some groups charge up to \$40 annually. 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.

How to Get Out of Bed

Courtesy of the Roadrunner of Albuquerque Newsletter

Now who doesn't know how to get out of bed? You don't! Or at least you didn't the first time you tried to get out of bed with a brand new incision. Hurt, didn't it? You're going to be pretty sore for a while after you get home and may find it difficult to get out of bed without something hurting in your abdomen. The area will heal in time but while it is, practice getting out of bed by rolling sideways and swinging your feet onto the floor rather than sitting up directly. Which side of the bed you sleep on is a factor as well—if you have an ileostomy you might consider sleeping on the left side of the bed, (as observed while lying on the bed) so rolling off doesn't interfere with the bag. The opposite would apply to a colostomy—you might want to switch to the right side of the bed for the same reason. Urostomates will need to sleep on the right side if they employ a night drainage system.

Editors Note: This was discussed in an OAA (Ostomy Association of Albuquerque) Support Group without reaching a consensus, except to add that the ostomate should lie on the bed in such a way that he or she can get to the bathroom in the least amount of time.



CCFA Take Steps

Once again the Houston Ostomy Association under the leadership of Team Captain Pat Thompson participated in the Take Steps for Crohn's and Colitis fundraising walk. The walk was held at Discovery Green located in downtown Houston on May 19th. The weather was perfect! Not too hot, not too humid. Everyone had a great time enjoying the companionship of others supporting this cause. Cancer is the number one reason for ostomies, however, Crohn's and Colitis is the second. Team Captain Thompson wishes to thank everyone who contributed. We raised \$1040.

This year's walkers were: Pat Thompson, Rosalie Johnson, Michelle Johnson, Polly Johnson, Convatec, Paul Batchelder, Sr., and Terry Marriott.

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.

In This Issue

Semi-Annual Dues	1
How to Get Out of Bed	1
CCFA Take Steps Walk	1
Group News.	2
Medicare Reimbursement Rules	3
A Bump in the Road—Update from Kathleen Duplessis	3
Meeting Dates/Times	4
Opportunities and Announcements	5
Membership Information	6
Advertising Support	5-7
Contact Information	8

Central Group News

Our speaker this month was Dr. Robert F. Gagel, an endocrinologist who is an expert on the clinical management of osteoporosis. Dr. Gagel explained corticosteroid-induced osteoporosis. This disease is a side effect of long term heavy doses of the cortisone family of drugs such as prednisone. Many of our members who had ulcerative colitis or other inflammatory diseases were on this drug, some for many years. Dr. Gagel suggested that if we are put on a cortisone treatment, even for what is expected to be a short term, we get a bone density baseline test. If the treatment is extended or repeated, the baseline density information will be key to determining the drugs effect on bone. Dr. Gagel recommended that everyone do a FRAX calculation. FRAX is a tool developed by the World Health Organization (WHO) to help identify individuals who may have a high probability of osteoporotic fractures in the next ten years. The tool can be found at: <http://www.shef.ac.uk/FRAX/index.jsp>. Most of all, we should all strive to prevent osteoporosis by making sure we get a total of 1200mg of Calcium and 800mg Vitamin D3 per day (including what we get from food intake). Exercising, not smoking, limiting caffeine and alcohol make a difference, too. For women at menopause age, hormone replacement therapy has been shown to slow bone loss. Also, as Dr. Gagel noted, your mother was right "Stand up straight and keep those shoulders back" will help with some of the inevitable shrinkage and curvature that occurs with age and accelerates with osteoporosis.

I am pleased to report that we received over \$700 from shopping at Kroger using the Kroger Plus Card this year. This will cover about two editions of the newsletter. Thank you to everyone who participated and invited their families, friends, and neighbors to participate. Well, we need to do it again. In this edition of the newsletter, you will find the Kroger letter for this year. Please take the letter with the bar code along on your next shopping trip. The cashier will scan your card and then the bar code on the letter. In a few weeks, you should see points designated to our organization number, **81035**, on your receipts. If you shop at Randalls, we participate in their program also. For Randalls, once you associate our number, **3698**, with your card, it stays until you change it.

Every year at this time according to our by-laws, we introduce the officers for the coming year. The officer positions are limited to 2 two-year terms and the offices do not all change at the same time to assure continuity for the organization. I want to thank Lorette Bauarschi for serving two terms as Treasurer. Lorette will become a Director at Large and will continue to be our legal consultant. For the next year, the offices will be held by the following persons.

- Denise Parsons—President, continuing 1st term
- Marian Newman—1st Vice President, continuing 1st term
- Terry Marriott—2nd Vice President, new term
- Jenrose Foshee—Secretary, continuing 1st term
- Ron Cerreta—Treasurer, new term

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

Next month, we will have a Roundtable discussion. Please bring your questions and concerns.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

The group welcomed Jenny Jansson-Smith, RN CWON, Clinical Consultant for Stomocur as presenter for the June meeting. Jenny went through the various options for one- and two-piece systems. Participants were able to touch and feel the differences that Stomocur might offer in comparison to current pouching systems. Stomocur began its operations in 1990 and now has products in more than 30 countries. One particularly helpful system was a gel-free ostomy pouching system designed for tropical climates. Several ostomates were interested in sampling this product to see if this would wear better during our hot summer months here in Houston!

Jenny reinforced the trademark of the German company by offering everyone a little stuffed Kangaroo. It's great to hear that Stomocur is now available from many of the suppliers. We appreciate Jenny keeping us informed about this growing product.

We are going to plan on a Roundtable for July. I hope to see you here!

Cindy Barefield, RN, WOCN
281-428-3033

Northwest Group News

The Ice Cream Social was a great success. We enjoyed lively discussions not limited to whether lactose intolerance went away with ostomy surgery and other gut wrenching topics. Next month we will have a Vacation Roundtable—bring those action photos from prior vacations. Best photo gets a prize! We will specifically discuss physically challenging vacations that involve swimming, kayaking, fishing, hiking and scary airports with long distance gates.

Tony Romeo
281-537-0681

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

Medicare Reimbursement Rules

from Chicago (IL) The New Outlook VIA the North Central Oklahoma Ostomy Outlook April 2012:

Under new Medicare rules dated January 2011, it is the responsibility of your doctor to determine and document the medical need for all healthcare services. This information is required by your ostomy supply retailer in order for you to receive assignment of your bill from Medicare. In other words, Medicare is demanding more documentation and wants all ostomy patients to consult with their doctor on a yearly basis regarding the condition of their ostomy and continuing need for supplies.

For Ostomy Supplies to be covered by Medicare, the patient's medical record must contain sufficient information about the patient's medical condition to substantiate the necessity for the type and quantity of items ordered and for the frequency of use or replacement. The ordering physician is responsible for the following:

A. A detailed order* that includes the following:

1. Patient name
2. The type of supplies ordered
3. The quantity used per unit of time
4. The ordering physician's legible signature
5. The date of the ordering physician's signature
6. The duration of need

* Note: An order that only states "as needed" will result in those items being denied as not medically necessary. Also, a new order is required if there is an increase in the quantity of the supply used per month.

B. Clinical records that document the medical necessity and the need for the quantity of items provided.

C. A payable diagnosis.

Statements that the physician writes in the patient's medical records and sends to the ostomy supply dealer may include language such as the following:

"I have reviewed my patient _____ and his/her ostomy and it is functioning properly. He/she continues to need supplies for the management of the ostomy including skin barriers, pouches, deodorant, skin preparations, belts, pastes, powders and barrier rings [list those actually needed, with quantities]. This patient is using a one-piece [or two-piece] drainable [or closed] ostomy pouching system with standard wear [or extended wear] barrier and may change up to xx times a month."

A Bump in the Road—Update from Kathy Duplessis

Well, as you know I did finish the Boston Marathon. My time was 5:14—yes, 5 grueling hours and 14 minutes. The marathon begins at 10 a.m. for elite runners and my wave only started at 10:40 a.m. By that time the temperatures had already reached the 80's. The temperatures would soon reach 89 degrees. Average temperatures are normally in the 40's.



I ran the first 23 miles at a slower than normal pace due to the weather conditions. I drank my water and Gatorade and picked up ice often from the wonderful crowd to put in my hat or on my face. It was brutal. At mile 23 I realized I was feeling quite light-headed and dizzy. In fact, I found myself drifting off and I knew I was in trouble. I immediately slowed down to a walk for the remaining 3 miles to the finish. This was very difficult as I had my name in black magic marker on both arms and everyone (I am talking about a huge crowd here) was yelling, 'come on Kathy, you can make it, just 3 more miles'. Well, I could do no better than a very slow, unsteady walk. I finally reached the finish line and I picked up my finisher's medal and then I immediately got into a wheelchair and was taken to the medic tent which was packed. They gave me Gatorade and chips, took my blood pressure and said I was fine. I talked to the doctor and let him know how light-headed I was and my medical history etc. and I asked him if he was going to put me on a drip but he did not think I was dehydrated because my skin was still damp. I found out later that I was not dehydrated, in fact, it was just the opposite, I had hyponatremia a condition I had heard about but never knew anyone diagnosed with. Hyponatremia is a metabolic condition in which there is not enough sodium (salt) in the body fluids outside the cells. I had too much water in my system. This explained my damp skin.

We went to the hotel and I immediately got in bed, no shower. I felt even worse and found that I could not hold anything down. Bert had to call the front desk and ask them to call 911. I had my first ambulance ride and ended up at the Beth Israel hospital where I was diagnosed with hyponatremia—low levels of sodium, magnesium and potassium. At 5 a.m. I was admitted in a room and Bert got to go to the hotel for a few hours sleep. I recovered well and negotiated my discharge so I could pack up, check out of the hotel and make our 4:30 p.m. flight. I laughed when I read my discharge papers because they added 'Congratulations on completing the Boston Marathon!' Overall it was a fantastic experience, but the end was not so much fun. I missed the post parties which included an open house at Fenway Park and a concert at House of Blues. I have a lovely medal, orange-red jacket, lovely participant's shirt and a great memory of a town crazy about marathon runners!



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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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.

Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



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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.

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: **July 16, 2012**
Program: **Roundtable**

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: **July 2, 2012**
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: Tony Romeo 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **July 17, 2012**
Program: **Vacation Roundtable**—Bring your photos!

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: **July 16, 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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com 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:

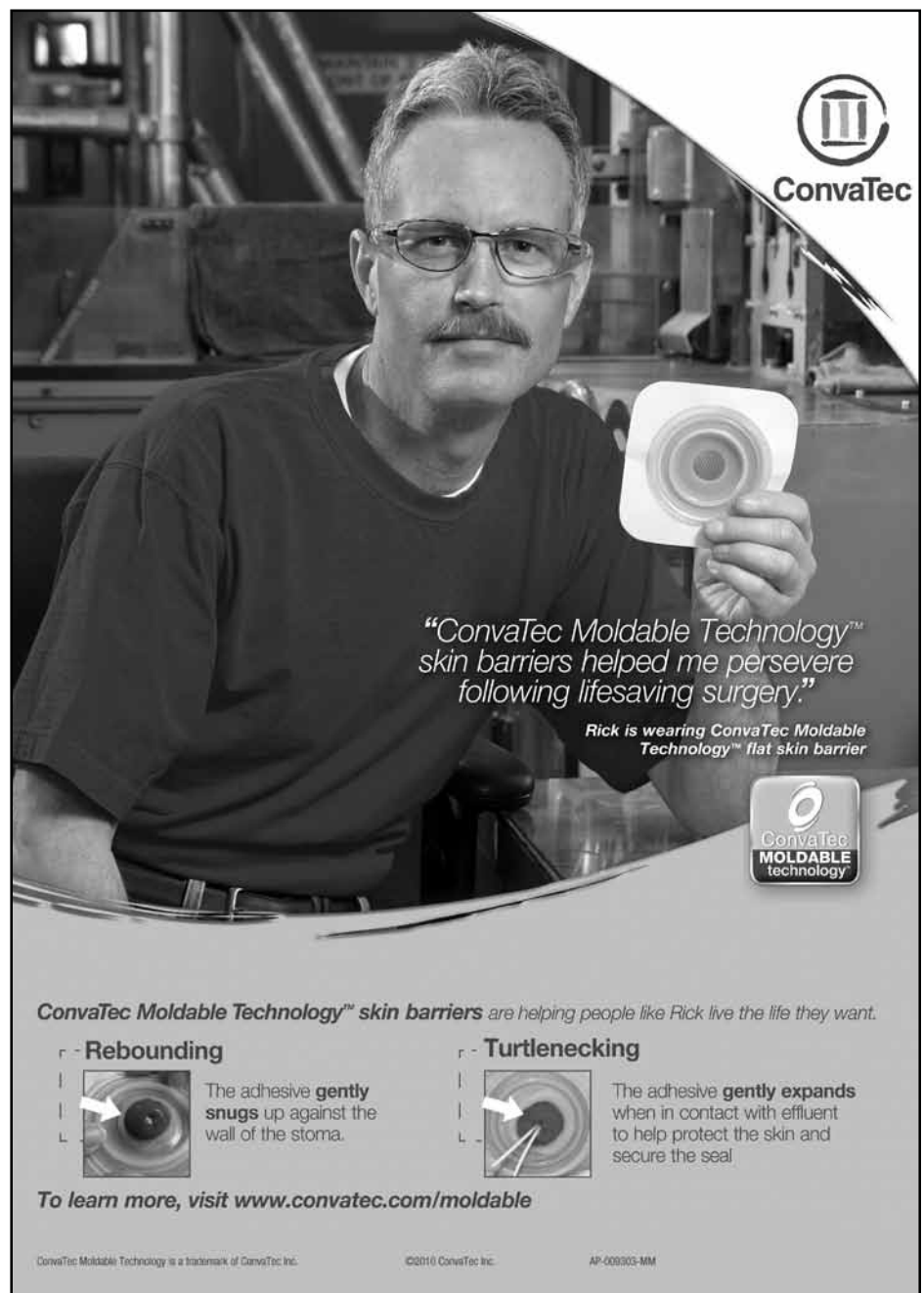
Ostomy Association of the Houston Area
Attn: Ron Cerreta, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

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Ostomy Association of the Houston Area
Attn: Ron Cerreta
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,
Monthly Newsletter*



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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. After 7 days, from initial scan, you will start to see your contributions to your organization on your receipt.

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.) Unless each entity has their own 501(c) (3).

Can a household "link" their KrogerPlus 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 accumulating period is effective **July 1, 2012** to **April 30, 2013**, Organization Enrollment period is **June 1, 2012** to **Dec. 31, 2012**.

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.

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.

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. Additional information is also available at www.krogerneighbortoneighbor.com