



July 2014

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

Planning for Summer with a Stoma

by Diane Kasner, RNET, from Baltimore (MD) Bulletin; adapted by Green Bay Area Ostomy Support Group

Don't expect to get the same wear time in the summer as you do in the fall, winter or spring. If your barrier melts out faster, change the pouch more frequently. If wear time is very poor, have your ostomy nurse recommend a different skin barrier or an alternative ostomy system.

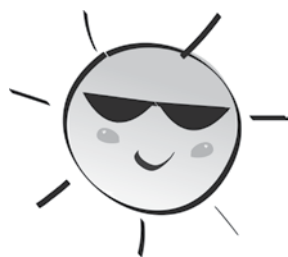
If the plastic from the pouch against your skin is uncomfortable or causes a heat rash, purchase or sew a pouch cover, sew a 'pocket' into your underwear to let the pouch rest in, or secure a cotton handkerchief underneath the pouch.

If you are wearing a two-piece system and are participating in very active sports, use a 10" strip of 2" or 3" tape to secure the pouch and the barrier.

Be sure to drink plenty of liquids (unless contraindicated because of other health problems) so that you will not become dehydrated or constipated.

For extra security during swimming and water sports, use waterproof or 'pink' tape to picture-frame your flange.

Monilia (fungus) is a common summer problem. This raised, itchy red rash on the peristomal skin is uncomfortable and keeps the pouch from holding well. If you suspect a monilial rash, contact your ostomy nurse, pharmacist or physician for a suitable micro-granulated anti-fungal powder as soon as possible.

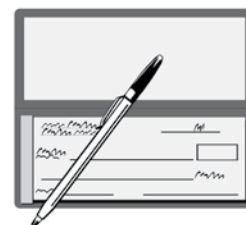


Skin barriers/flanges should be stored in a cool, dry place to obtain optimal results. Most have a shelf life from manufacture of four to five years.

Previous Editor's note: Often prescribed is Micostatin. Put some directly on your peristomal skin, and pat down with the skin barrier. Do not wipe it down; pat it down in place. Then put on your wafer. In a few applications (pouch changes), the rash should disappear. Do not use Micostatin on a constant basis. Use only as needed. Check with your pharmacy to get a bottle with the longest expiration date. Your pharmacist may substitute another micro-granulated anti-fungal powder. There are many excellent brands on the market that can provide excellent results.

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. Additionally, please consider adding a special request donation this year. We have been receiving more and more requests for unfunded 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.

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.

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

It is that time of year again when we ask for your help in registering your Kroger card in their Community Rewards program. We are grateful to both Kroger and Randalls in their support of this organization through your shopping purchases. For example, last quarter we received \$222.35 from Kroger. This money goes a long way toward our newsletter expenses. The rules for Kroger's program insist that you go online to their website, register your card (if this was not done last year), and select the Ostomy Association of the Houston area as the organization to receive your shopping rewards points. Starting August 1, 2014, the Kroger web site will be ready to accept your designation of Community Reward points. There is a separate sheet with how-to register with Kroger in this newsletter. If you don't use a computer, let one of the officers know and we will help get you registered.

The UOAA is holding national elections for 2nd Vice President and 3 Director positions. We will vote for these positions at the September meetings. Biographies of the candidates can be found at https://www.uoaa.org/forum/uoaaext/files/2014_Election_Info_for_ASGs_052714.pdf.

Dr. Robert Jacobson, a colorectal surgeon from Dallas, gave an interesting presentation about a new drug, Gattex, for persons with short bowels who are having problems absorbing sufficient nutrients and water. The drug increases the size and number of the cells in the lining of the short bowel improving the ability to absorb necessary vitamins and minerals. Let me know if you are interested in a brochure about the drug and I will get one to you. Dr. Jacobson noted a vitamin supplement which has been found to work especially well for patients with several gastrointestinal conditions. "FORVIA dietary supplements are High Potency Multivitamin/Mineral tablets that are intended to meet the special dietary needs of people with gastrointestinal conditions such as Crohn's disease, ulcerative colitis, celiac disease, weight-loss, surgery ostomy, and bowel resection. It is formulated to promote good absorption of vitamins and nutrients, and specially formulated to avoid irritation of the gastrointestinal system; does not include flavoring, lactose, gluten or magnesium." Please check with your doctor to make sure these medications are safe and helpful for your situation. On another note, to help with hydration, Dr. Jacobson recommended Smart Water with electrolytes instead of GatorAde.

Next month, Tabatha Schroeder, RN, CWOCN, from Coloplast will tell us about the latest products from Coloplast.

Wishing all a safe and happy summer!

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Baytown Group News

Baytown Ostomy Support Group had a grand turnout of 10 for Roundtable at the June meeting. Amber Foster from Byram Healthcare was scheduled to join us as well but had to cancel. We hope she will be able to reschedule at a later date.

The group took the opportunity to network and shared experiences, answered questions and provided resources to a Crohn's and Colitis patient who is scheduled for surgery later in the month. What a blessing to see the remarkable family support for this young woman—her mother, sister and daughter accompanied her to the meeting. Arrangements are in place for WOC Nurse support following her surgery and she has already had contact from a UOAA visitor.

Baytown Support Group will not meet in July as facilitator and WOC Nurse, Cindy Barefield, will be out of town. We will resume meetings the first Monday of the month on August 4. We hope to see you then!

Cindy Barefield, RN, CWOCN
281-428-3033

Northwest Group News

Almost a dozen people came to hear Paul Batchelder's newest program about gaining Altitude by fine tuning their Attitude. Previously Paul had shared how positive thinking can improve your health and life. This time, Paul got into the details by demonstrating how you can manage that positive thinking by the way you reshape your attitude. Paul's presentation was highlighted by inspirational photographs from a recent trip to Utah. He shared his life stick and key stories from the prior days of illness leading up to personal successes. We all learned the difference between a bad day and a really bad day. Everyone walked away with a new direction and rubber bands.

Next month's meeting on July 15 will host the Ice Cream Social.

Craig Cooper
281-948-6883

Tony Romeo
936-588-4031

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

2014-2015 Newly Elected Officers Ostomy Association of the Houston Area

Vice President & Legal Consultant—Lorette Bauarschi
Secretary—Jenrose Foshee
Central Group Coordinator—Terry Marriott

Securing Medications for Your Trip

Via everyday Health: by Diana Rodriguez; Medically reviewed by Lindsey Marcellin, MD, MPH, Courtesy of "The Pouch" via Insights, Ostomy Association of Southern New Jersey

If prescription drugs, especially liquid ones, aren't packed in a certain way, you won't get them through security—and that could be a problem.

Some of us remember a time when planning for air travel meant packing your bag, driving to the airport, and boarding the plane. No security lines, no restrictions on liquids, no hassles. Today it's a new world, and you need to know the new rules of air travel. Not only will this help you avoid hang-ups at the airport, but it will also help you make sure that nothing you need gets confiscated by airport security. If you take daily medications, it's especially important that you stay informed about what the regulations currently are for taking prescription drugs on an airplane. Obviously, you can't leave the gate without them.

Packing Prescription Drugs — If you're packing prescription drugs or other medications in a carry-on bag, follow some expert recommendations to get them safely through security. "Keep your medications in their original containers, regardless of the urge to save space," says Greg T. Snider, MD of the Lexington

Clinic's Occupational and Travel Medicine Services Department in Kentucky. "That means don't put your prescription drugs in those convenient daily medication dispensers you might normally use, at least until you get to your destination. You can always organize your medications in the way you like once you get off the plane."

Another travel agent agrees: If you try to consolidate, you might not make it through security with the medications you will need for the duration of your trip. "You also shouldn't try and save space by putting more than one prescription in one bottle," says David Lytle, editorial director for Frommers.com, a travel guide website. "Airport security can and will confiscate the bottle."

Passengers are allowed to take all their medications (including liquids, pills and other supplies) on the plane, but they must be

(Continued on page 4)



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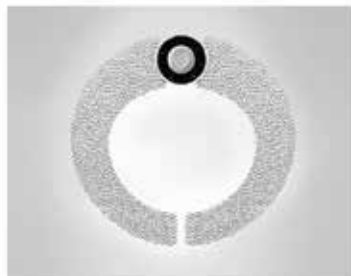
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2014 UOAA National Election Information

Candidate biographies can be viewed on the main UOAA website at www.uoaa.org. Votes will be collected at the September meetings.

The deadline for returning ballots is September 30, 2014.
Thank you for your support of UOAA!

Securing Medications for Your Trip

(Continued from page 3)

screened and checked at a security checkpoint. If you're taking medications that aren't essential for you to take during your flight, you can check them in your luggage or mail them to your destination ahead of time.

Lytle recommends sending liquid medications to your destination ahead of your trip. As a backup, you can also pack small amounts (3 ounces or less) in individual bottles. You must place the bottles in a carry-on, quart-size plastic bag. If you need to bring more than one bag, you may do so, but you will need to notify the TSA before going through the security check. It might also be a good idea to bring along a note from your doctor that explains why you take these medications, especially of syringes or other medical supplies are involved.

Be Prepared—To make sure that you have enough medications to last while you're away, plan ahead. "We recommend that people get their prescriptions refilled before they travel—that's the rule," says Lytle. "The trick to traveling, wherever you're going, is to look ahead and plan. For some prescriptions, you have to go to the doctor because they won't renew them over the telephone." If you do run out of your medication while you're away, getting a refill is not always a big deal if you are traveling in the United States. If you usually use a national pharmacy chain, for instance, there may be a local branch nearby that you can phone. If you use an independent pharmacy, you can phone them and then have them call in your prescription to a pharmacy that's in the area you are visiting.

Some of you may be taking medications that need to be at specific times or certain hours apart, etc. Exactly how you need to change the dosage instructions when traveling across time zones will depend on the medication that you take and your doctor's recommendations. You need to be sure to continue to take enough of your medication, but be careful to not take too much as you attempt to switch to a new time zone. Ask your doctor about how your particular medication should be handled.

If you aren't sure what to do about your medication or how to go about getting it onboard the airplane, visit the TSA website <https://www.tsa.gov/traveler-information>, which is a good resource for travelers. With some forward planning and smart packing, you and your medication can both arrive safely at your destination.

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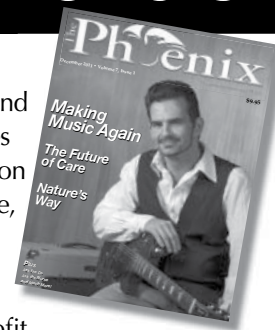
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of America (UOAA)
can be contacted at:
www.uoaa.org or **800-826-0826**

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11/11 SG HLFAC

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 21, 2014**
Program: **Guest Speaker: Tabatha Schroeder, RN, CWOCN,**
 from Coloplast will tell us about the latest products.

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: **Please note that the Baytown Group will NOT meet in July.**

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 936-588-4031
 sa1tmr@sbcglobal.net
Meeting: **July 15, 2014**
Program: **Ice Cream Social!**

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 21, 2014**

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.

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Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*



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