



Oostomy Association *of the* **Houston Area**

August 2008

PO Box 25164
Houston, TX 77265-5164
www.oostomyhouston.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
(marriott@rice.edu)

Meeting: August 18th, Monday evening

Program: Recycling Stress Relief

Dottie Visosky B.S. RMT, RMI with Body Recycling will present the August Program.

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: August 19th, Tuesday evening

Program: Convatec

Tabatha Schroeder with Convatec will present the program. She will have updates and news about Convatec products. Please join us.

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: August 25th, Monday evening

Program: Group Discussion

We hope you will join us in the Community Room in the Lobby of San Jacinto Methodist Hospital at 7:00pm.

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: August 18th, 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 22 in attendance at the July Central Group meeting for the presentation by Tabatha Schroeder from Convatec, and a corporate representative involved in wafer design. They went over some of the new products and took orders for samples from those who wanted them. She also had us play a game of Bingo for some door prizes of Kroger gift certificates. We also want to thank Tabatha for the refreshments she brought to the meeting, they were delicious.

We still are promoting our advertisement for the Newsletter Editor position and our willingness to modify the position and even split it up into as many as three coordinated positions if needed to satisfy the candidate(s) abilities and desire to do the job. If you do word processing or letter writing as part of your regular vocational profession, then compiling the Newsletter from available articles we get Quarterly from the UOAA National Office would not be very difficult since many of the Newsletter pages are fixed or require only small modifications from month to month. Also, many of the articles or cartoons that need to be put on the 2 or 3 other pages are available from what the UOAA sends us every month and from their website; other articles can be obtained from the newsletters that we receive from other Ostomy Groups from all over the country as well as recycling pertinent articles from our old newsletters.

Our August meeting is going to be a short presentation by Sterling Medical lasting about 10-15 minutes. Then we have a presentation by Dottie Visosky who has a company called "Body Recycling" and she will be giving us some information on Stress and how it affects our bodies and some possible ways of treating and avoiding stress. This discussion may give some helpful information to those of us who may be having some kind of minor health issues that are affecting our bodies. Major health issues should be referred to an appropriate physician, but this discussion may provide you with information about questions that you should ask your physician.

Terry Marriott

The United Ostomy Associations of America (UOAA) can be contacted at
www.uoaa.org.

ADVOCACY NEWS From UOAA

GOOD MEDICARE NEWS:

PLEASE PASS THIS ON TO YOUR MEMBERS:

Despite efforts by UOAA and the entire home medical equipment industry to stop it, July 1 marked the beginning of a Medicare program known as "**Competitive Acquisition**" or "**competitive bidding**" (CB). This program – starting this year in only 10 major metropolitan areas - was authorized by Congress at the same time they set up the Medicare prescription drug program. It is intended to lower the amount that Medicare pays for selected medical supplies and equipment, to partially pay for the prescription program.

The GOOD NEWS is that NONE of this affects ostomy supplies. A person who is receiving their supplies through Medicare, regardless of where they live, can continue to get their ostomy supplies at the dealer they have been using, if they wish to do so. A situation that might change that would be if their present dealer is in one of the 10 CB areas and decides to get out of the ostomy business because of some other impact of the CB program.

MORE GOOD ADVOCACY NEWS FROM OHIO:

Remember *The Phoenix* article about **Ally** – the young woman who was instrumental in getting a bathroom access law passed in the state of Illinois? She has not rested on her laurels, and is working with folks in several other states on passage of similar laws. We are happy to announce that the Governor of Ohio, Ted Strickland, has recently signed a bill that was passed by the **Ohio legislature**, the **IBD Restroom Act**. At the moment, this kind of legislation has to pass state by state. If you are interested in helping in your State, please let us know.

Ken Aukett - President, UOAA

**If you always do what interests you,
then at least one person will be
pleased.**

Advice to Katherine Hepburn from her mother

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: **Lorette Bauarschi, 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 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**
Lorette Bauarschi, 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.

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 713-460-1955 (lbauarschi@sbcglobal.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.

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)

0608 9G HLRD

What type of pouch does a person use if he/she wants to go on a cruise or long trip?

The ostomy equipment used for long trips, cruises, air plane trips, etc. should be no different than what one normally uses. In my opinion, the issue is not the type of ostomy device that one should wear for traveling, but how one disposes or empties the device. I think that a person should empty their urinary, ileostomy, or colostomy device as one normally does. There is an available product, which can be used by both colostomates and ileostomates, which gives the ostomate traveling long distances an option that he or she might want to consider. This product is called "Colo-Majic (Flushable) Ostomy Pouch Liner". It is quick and easy to change. It requires no water, and extends pouch life. It may be carried in a pocket or in a handbag. The manufacturer is Colo-Majic Liners, Inc. The toll free number is 1-888-808-1177 or more information may be obtained on their web site which is www.colostomymajic.com.

What do you do about seat belts on an airplane? These are low and tight.

Personally, when I first sit in my seat I check the tightness of the seatbelt. The length may vary from airline to airline. If it appears to be too tight, many of the airlines will have "expanders" which will lengthen the belt. If you are traveling often, then you may want to check with a travel store to see if they might have one that you can purchase to carry with you. Seat belts in any automobile have never been a problem for me. However, others have had a problem. I have suggested that one could place a small, thin pillow or foam rubber cushion between the seat belt and the ostomy site. This would relieve the pressure or possible discomfort caused by the position of the seat belt on the ostomy site. When a person lives life with an ostomy, he or she must realize that improving in some situations becomes a necessity, not an option.

More Ask the ET questions and answers can be found at our web site: www.ostomyhouston.org.

**NEVER EAT MORE THAN YOU CAN
LIFT.**

MISS PIGGY

Hints for Summer

--Loraine County Chapter & Metro MD

Do not 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 ET 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. Some people simply 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 fix your pouch.

Monila(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 ET nurse, pharmacist or physician as soon as possible for a suitable micro-granulated anti-fungal powder. Osto-Tip...skin barriers should be only stored in a cool dry place to obtain optimal results. Most have a shelf life from manufacture of four to five years.

From UOAA Chicago Tips page:
www.geocities.com/mr-ostomy/tips.html



BAYTOWN SUPPORT GROUP

Baytown support group did not meet on the regularly scheduled 4th Monday in June. The May meeting was rescheduled to early June because of the Memorial Day holiday.

Accessories... in the ostomy world this refers to “enhancing your wear time” or “helping to manage your ostomy” and not earrings, belts, scarves or purses!

Many patients continue to use every product they were shown from their initial ostomy surgery. This is time consuming, expensive and often unnecessary. Let us think like news-hungry reporters and focus on the “who, what, why and how” for ostomy accessories.

Who asked me to use this product? What is the reason for using it? Why am I continuing to use it? How is it helping me?

If you answer each of the questions with a valid response, you have a valid reason for each of the accessories you are using. If you are unsure, perhaps you should give serious consideration to the use of a product that applied only to a specific time frame or condition. If you are uncertain, consult a WOCN or trained specialist at the Customer Service Center where you purchase your ostomy supplies.

One of the most commonly misused products is Stomahesive Paste. Referred to as glue, Stomahesive Paste is used to get a better seal around the stoma and to fill or caulk uneven areas around the stoma. It is NOT glue and if too much is used, it actually interferes with the seal.

Another frequently misunderstood product is the Protective Barrier Wipe. It provides a film layer or sealant on the skin to help protect against irritation or excoriation under ostomy wafers. Again, this is NOT glue.

To soap or not to soap ?? Soap on the peristomal skin is certainly not necessary and may even be contrary if it contains oils or crèmes as this may prevent the wafer from adhering to the skin... so why not just water? Warm water will remove the wafer and clean the peristomal skin. Some soaps are drying...

I think an age old rule applies here: K-I-S-S... Keep It Simple Simon I hope this article has given you cause to stop and think about your own routine. Are you Keeping-it-Simple-Simon?

Ostomy Association of the Houston Area - Baytown Group meets the 4th Monday of every month. We hope you will join us in the Community Room in the Lobby of San Jacinto Methodist Hospital at 7:00pm.

Sincerely,

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

We had 14 people attending our Annual Ice Cream Social. The flavor of the day was Homemade Banana along with Bluebell Vanilla and a variety of toppings. We welcomed one new person who is pre-surgery and certainly hope all goes well for them.

Next month, Tabatha Schroeder with Convatec will present the latest news from Convatec and show us any new products.

See you there!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

**Those who don't do anything
never made mistakes.**

Theodore De Banville, Odes funabmulesques, 1857

IS YOUR APPLIANCE SHOWING?

Via The Right Connection, San Diego, CA and The Ostogram, Dayton, OH

Are you worried about your appliance showing under your clothes? Or your stoma protruding enough to show? People today lead busy lives at a fast pace. Everyone is concerned with his or her happenings. Aren't you? By the way, what is the color of your bus driver's hair? Did the sales clerk wear a dress or slacks today? What color was the bank teller's tie? Give up? Forget about the uncalled for worries and enjoy each day. Remember that your attitude about your image will affect the attitude of your family and friends.

EXPERIENCE

**Experience is a comb which nature gives us
when we are bald.**

Chinese Proverb

**Experience is a hard teacher because she
gives the test first and the lesson after.**

Vernon Law, This Week, August 14, 1960

**Experience is not what happens to you; it is
what you do with what happens to you.**

Aldous Huxley, Reader's Digest, March 1956

GYGIG 2008 RIDE SCHEDULE

It's More Than a Ride!

Join "Get Your Guts in Gear" in 2008"

It's time to gear up for the ride of your life! Join [Get Your Guts in Gear](#) for its 3rd annual Pacific Northwest Ride for Crohn's and colitis, August 1st - 3rd. Register now to ride this scenic route over Whidbey Island viewing the Olympic mountains, the rolling hills of Skagit county, and the beautiful back roads of Snohomish county. You can also join GYGIG this fall from October 17-19 to experience the scenery of Central Texas.

Whether you are an experienced cyclist looking for a great ride or a novice rider who is affected by one of these diseases, you'll enjoy GYGIG's scenic, fully supported rides. Don't ride a bike? Become a part of the GYGIG community by joining the all-volunteer crew, which is an integral part of each Ride. Every pedal stroke of the ride is an empowering experience, riding for those who can't and bringing together those affected by the disease or surgery for something positive. Add your strength to the 1.4 million Americans in the Crohn's and colitis community and the 600,000 ostomates while raising funds, awareness, and spirits in the fight against Crohn's disease, ulcerative colitis and ostomy surgery. Each of the Rides created and produced by Get Your Guts in Gear, Inc. ("GYGIG") is an opportunity to connect with patients, family, and friends who are affected by Crohn's disease and ulcerative colitis.

Texas Route - October 17-19, 2008

Starts from LaGrange and ends near Austin, winding through the Lost Pines, the Guadalupe River, and the Hill Country. Each GYGIG Ride spans three days, and averages 70 miles per day. The Rides are fully-supported and include two overnight camping stops to relax and recharge your engines with food, friends, hot showers, and even towel service. All of GYGIG's Rides include an opening ceremony on day one and a closing ceremony on day three to celebrate the efforts and dedication of every rider and crew member.

For more information and answers to FAQs, please visit www.IBDride.org. Want to talk to someone about how you can get involved? Call GYGIG at 866.9iGOTGUTS (866-944-6848). Don't miss this opportunity to join GYGIG this year!

Who Knew? ... Here's the Proof!

July 08 UOAA UPDATE

From a friend

- To remove a bandage painlessly, saturate the bandage with vodka. It dissolves adhesives.
- To clean caulking around bathtubs and showers, fill a trigger-spray bottle with vodka, spray the caulking, let it set five minutes and wash clean. The vodka kills mildew.
- To clean your eyeglasses, simply wipe the lenses with a soft, clean cloth dampened with vodka. The alcohol in the vodka cleans the glass and kills germs.
- Using a cotton ball, apply vodka to your face as an astringent to cleanse the skin and tighten your pores.
- Add a jigger of vodka to a 12 ounce bottle of shampoo. The alcohol cleanses the scalp, removes toxins from hair and stimulates the growth of healthy hair.
- Fill a sixteen ounce trigger spray bottle with vodka and spray bees or wasps to kill them.
- To relieve a fever, use a washcloth to rub vodka on your chest and back as a liniment.
- Pour vodka over an area affected with poison ivy to remove the plant oil from your skin.

And you thought that it was only for drinking!!!

Laws of Ultimate Reality

Law of Logical Argument: Anything is possible if you don't know what you are talking about.

Wilson's Law of Commercial Marketing Strategy : As soon as you find a product that you really like, they will stop making it.

Doctors' Law : If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. Don't make an appointment and you'll stay sick.

Law of the Bath : When the body is fully immersed in water, the telephone rings.

Law of Close Encounters : The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

Spouse and Family Support for Ostomates

New Brochure from UOAA

Here are some excerpts from the new brochure produced by UOAA for spouse and family members, especially written for those new to the ostomy experience. Those who have had years of experience as an ostomy family member may also find it valuable.

Introduction

The spouse of a person with an ostomy plays a vital role in the rehabilitation process. It is important to understand basic ostomy information and the psychological impact of the procedure. Spouses may experience feelings of grief, guilt and anger. These feelings are perfectly normal and will lessen in time as both parties adjust to the ostomy.

Role of Spouse

Your role as a spouse is one of support and encouragement. These elements are vital to any relationship and provide a basis for an emotional recovery and acceptance of the ostomy. This life-saving, body-altering procedure can affect people in different ways.

How you react to the physical changes from surgery will be conveyed to the ostomate in many ways. Watch your body language. If you were a person who liked to cuddle before the surgery, then continue to reach out to your spouse. Couples have a tendency to "protect" each other and not be truthful about their feelings. Initiate open communications with your spouse and discuss any concerns either of you may have about the surgery (i.e., fear, anger, resentment, relief). Ask questions about changes you do not understand.

Remember....the person with the ostomy has not changed, only their anatomy has. How you and your spouse accept that change will influence your quality of life. Armed with adequate information and a positive outlook, you may find that having a family member who has survived body-altering surgery often leads the entire family to a greater appreciation of life.

You can print this brochure in its entirety by going online to: www.uoaa.org or order it by calling 1-800-826-0826.

Some of the Dumbest Things Ever Said....

I'm sure these stories will bring to mind some funny things that happened to you that weren't so funny at the time.

- **After my ostomy surgery, a well-meaning aunt told me not to worry. She said I was still a beautiful girl--it's not like I wore the bag on my face.**
- A co-worker of my husband said, "How much do you think a colon weighs? I bet seven pounds or so. What an easy way that would be to lose a few pounds."
- **Shortly after I had my surgery, I had an ultrasound performed. I asked the nurse if she could see on the screen if the doctors had done a good job...without saying that I had my colon removed. She looked for my colon for an hour; then she was shocked when she couldn't find it. She kept right on looking for it. Makes you wonder how she graduated from nursing school.**
- Right after I returned to work from my ileostomy surgery, I was in the lunch room eating my lunch. A co-worker who had seen me there several days in a row, looked at my lunch and said, "I want to give you some advice. If you don't eat more roughage, you'll end up getting colon cancer." I looked up at her and said, "Not likely."

J-Pouch Questions and Concerns

One of the satellite organizations that the Ostomy Association of the Houston Area supports is the J-Pouch group. For questions or concerns about J-Pouch surgery, there are members of the organization who are happy to talk with anyone facing this surgery choice. Please contact Ron Meisinger 281-491-8220 for an appointment. Further information about *the ileo-anal anastomosis* or J-Pouches can be found at a link on our web page to "The J-Pouch Group" at www.j-pouch.org.

A Bit Of Humor

The theory behind hospital gowns is that ...
'laughter IS the best medicine!'



A New View of ‘Ostomy Odor’

via the Greater Detroit Chapter and Charlotte, NC Chapter

When you think about it, emptying an ostomy appliance is comparable to a person with an intact bowel or urinary tract having a bowel movement or emptying his or her bladder. How do non-ostomates handle the odor produced by this normal function of their bodies?

Room deodorizing sprays are popular, a quick flush of the toilet when defecation occurs, striking a match or opening a window are acceptable methods that have been used for odor management since the invention of indoor plumbing. Why, then, as ostomates are we so “up tight” about the odor produced when our appliances are emptied?

This constant complaint has encouraged ostomy equipment manufacturers to create products to meet the need for “odor control.” Trouble is, though, ostomy deodorants do not work for everyone, and they are expensive. Can we consider ourselves “as normal as blueberry pie” as far as waste odors are concerned? Remember, there is no one on this earth whose waste does not smell!



EMERGENCY ROOM INFORMATION FOR OSTOMATES

Via Metro Maryland & Cocoa FL

Ostomates have special information which is very important to their well-being. The following list of information may save your life if you are taken to a hospital emergency room.

- What kind of surgery did you have and how long ago?
- What is your doctor's name, phone number, and the name of the hospital(s) he/she works out of?
- What kind of medication and what dosage are you taking?
- Are you allergic to any medication?
- Is your skin sensitive to any of the preparations usually used by ostomates?
- What is your stoma size?
- What type of medical insurance do you have?

Take a little time and write a brief medical history about your surgery and other important medical information about you. Make a few copies and be sure a copy is with you at all times. Tell someone else where the information can be found. Since emergency rooms are not advised as well about ostomies as we would like them to be, this information could be very helpful and may even save your life. (If your hospital has a WOCN on staff, tell the emergency room doctor to notify her of your presence there.)”

Alzheimer’s Disease

July 08 UOAA UPDATE

With Alzheimer’s disease—one of the most common forms of dementia—memory, reason, judgment, language and mental ability are eventually destroyed when nerve cells in the brain, called neurons, degenerate and die. The brain can’t replace the nerve cells, so brain function is lost.

Scientists and researchers still don’t know why Alzheimer’s disease occurs. Although age and heredity are two proven risk factors, Alzheimer’s disease is thought to be the result of a combination of elements. Diagnosis is made by careful examination of the symptoms and by eliminating other causes.

Symptoms of Alzheimer’s Disease

- Short Attention Span
- Gradual loss of memory
- Inability to learn
- Decreased bowel or bladder control
- Depression
- Disorientation/confusion
- Forgetfulness
- Inability to handle minor tasks
- Irritability or hostile behavior
- Paranoia
- Lack of spontaneity
- Neglecting to perform routine tasks

Work Your Brain

Keeping your mind mentally fit may help delay the onset of dementia, including Alzheimer’s disease. Mental exercises and learning seems to promote the growth of additional synapses in the brain (the connections between neurons).

How Alzheimer’s Is Treated

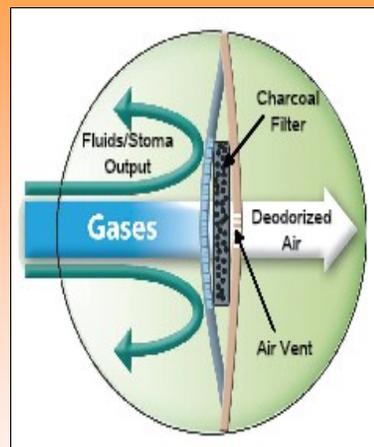
At-home care during the early stages should be undertaken only under the supervision of a doctor. Some medications, such as antidepressants, mild sedatives or antipsychotic drugs, may be used in low doses to help control behavior. Physical therapy, simple directions for routine activities and clear communication from caregivers can often help. Environmental cues, such as clocks, calendars and familiar objects, can help the patient with orientation.

NEW OSTOMATES - SOME REASSURANCES

Via The Pouch, N. Virginia Chapter

- ◆ **Will you BULGE?** Remember, without a part of the intestine or bladder, you should have a flatter tummy than before. You can expect to wear, with little exception, what you wore before, and this includes tight clothing and bathing suits (except for bikinis, although some of us can).
- ◆ **Will you SMELL?** Those with ileostomies and urinary diversions will be fitted for appliances which are completely odor-proof. Colostomates control odor with diet and/or odor-free stick-on pouches. In addition, for all ostomates, there are deodorants for external use and odor-reducing compounds to be taken by mouth, should they be needed.
- ◆ **Will you make NOISES?** Everyone produces gas, especially if he is an air swallower. But, you don't make noises so often that you can't pretend your stomach is growling. Be the fastest elbow in the West, or wear a two-way stretch binder, girdle, or panty hose to muffle the sound when it is audible. Avoid gassy foods, drinking through a straw, and chewing gum. Also, eating regular meals and not letting yourself get overly hungry will avoid the build-up of stomach acids that lead to embarrassing noises.
- ◆ **Will you FEEL waste discharges?** Very little, for the intestines have little feeling. Colostomates, however, will probably be aware of intestinal movement when it happens. Those with urinary diversions probably will be unaware of the kidney drainage. The ileostomate or urostomate should check his appliance occasionally to see if it is full, or he might find his pouch sagging.
- ◆ **Will you be a captive of the TOILET?** At first you may find yourself spending lots of time in the bathroom, until you become efficient with the management of your stoma. But then, your routine will not involve any more time than normal visits to the bathroom, except for changing the appliance, or irrigating. And there are a great many manufacturers inventing and selling better and better equipment every year for your use.
- ◆ **Will you STARVE?** Follow doctor's orders at each stage of your adjustment. Some ostomates will be able to eat and tolerate almost anything, others may find difficulty with some foods. Each person is an individual and must determine, by trial and error, what is best for him. A good practice for all ostomates is to drink plenty of fluids.
- ◆ **Will you be a SOCIAL OUTCAST?** If you haven't met any outcast ostomates, why should you be the first one? If you don't smell bad, bulge, make noises, and dwell in the toilet, what is to make you obvious and repulsive? No cheerful, brave, and triumphant person will be an outcast!!

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Introducing

STOMOCUR™

OSTOMY PRODUCTS



- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



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NEWSLETTER ADVERTISING:

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: 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 |

_____ 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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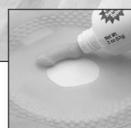
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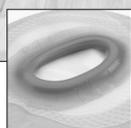
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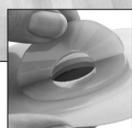
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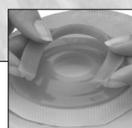
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