



# 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)

*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:** **Monday, August 17, 2009**  
**Program:** **Roundtable Discussion**

## Baytown Group

**Monthly:** First 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:** **Monday, August 3, 2009**  
**Program:** **Roundtable Discussion**

## 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:** **Tuesday, August 18, 2009**  
**Program:** **Roundtable Discussion and UOAA Updates**

## 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, August 17, 2009**  
**Program:** **General Discussion**

## 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.

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## Central Group News

There were 24 in attendance (of which one was a new member and one was a parent of a new ostomate) at the July 20th Central Group meeting.

The presentation was started by Barbara Bouse who is our Library Coordinator and she described what books, booklets, reference cards, and brochures we have available for people to check out and read. Then Barbara introduced the following members who gave brief reviews of some of the books.

Lorette gave some interesting brief reviews of the following four books:

***Alive & Kicking*** by Rolf Benirschke (1996) Rolf was a good place kicker for the San Diego Chargers in the 1990's who had an acute attack of ulcerative colitis which required him to have an Ileostomy in the middle of his career. After a brief recovery period, he went back and completed his illustrious career as a place kicker.

***It Takes More than Guts*** by Philip Van Hooser (2004) A very descriptive account of the author's medical problems and how he handled what life handed him. It has a very good medical/ostomy related glossary.

***Caught Holding the Bag*** by Peter McGinn (2005) An entertaining murder mystery novel based on the author's own medical and ostomy related experiences.

***Bag Lady*** by Sandra Benitez, about a woman who deals with ulcerative colitis (and other challenges in life) and eventually an ileostomy.

Since Denise does have a colostomy, she gave an interesting account of the story ***Don't Die of Embarrassment, Life After Colostomy and Other Adventures*** by Barbara Barrie (2000) A well written and meaningful memoir by a TV and movie actress.

Mary Beth gave a brief review of ***Great Comebacks from Ostomy Surgery*** by Rolf Benirschke (2002) Rolf tells the lead story about his comeback to a life on the football field, followed by a series of other great comeback stories covering various people with most ostomy and disease types and how they managed to triumph over the problems they encountered.

One of our older books ***The Ostomy Handbook*** by Edith Lenneberg (1973) still has useful information in it, but it doesn't have information on some of the newer surgical procedures and treatments. Updated versions of the booklets, reference cards, and brochures mentioned above which have all the current ostomy related treatments and procedures are available in PDF format at the UOAA website [www.uoaa.org](http://www.uoaa.org) that you can download and read electronically or printout for free.

**Please Note:** If you haven't taken the Kroger barcode letter insert from the July Newsletter to your Kroger store and had them swipe it with your Kroger card yet, please do so; it doesn't cost you anything and Kroger will donate to our Ostomy Association of the Houston Area proportionately based on how much our people buy (you only have to do it once a year after July 1st).

For our August meeting we are scheduled to have the Coloplast Representative for our guest presenter, however, since Coloplast has just very recently changed the representative for our area, we may have to have them come at a later time in which case we will have a round table discussion.

Keep cool and hydrated,

**Terry Marriott**

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

## Baytown Group News

In July, Baytown was pleased to have Frank Essig, Ostomy Sales Specialist from Hollister present to the group. Despite the heat and a rain storm that evening, Frank drew the biggest crowd of the year for the meeting. He discussed the benefits of the Secure Start Program, latest updates to the Hollister product line and reviewed the C3 life website. Hollister supports [www.c3life.com](http://www.c3life.com) which is an awesome website where "people with ostomies, families, friends and clinicians come together to meet, learn and share real life experiences and advice"!

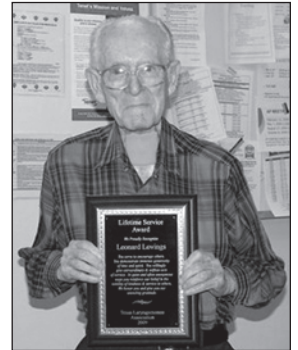
We look forward to seeing everyone in August for Roundtable. We continue to meet on the first Monday at 7:00 p.m. Hope to see you there!

**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.*

## Northwest Group News

The Northwest Group had 13 attendees for its annual ice cream social. Homemade banana ice cream with all the fixings was provided by Gay Nell. Gen also brought some chocolate chip cookies. The group enjoyed an unformatted program and took turns looking at recent vacation pictures from Suzanne's Mediterranean cruise and Jennifer's family gathering in Jamaica. Both ladies were hosting new stomas on their first travel trips and reported no ostomy related problems.



Leonard Lovings

Leonard, a new face in the group, brought and shared a lifetime service award that he received from his laryngectomy support group. Leonard's first ostomy surgery was in 1957. He brings inspiration, courage and undisputable strength to every meeting he attends.

The August program will be a combination of a roundtable discussion and UOAA update.

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

**Tony Romeo**  
281-537-0681

## The Phoenix, June 2009, Review

This issue contained a lot of diverse and interesting information on subjects that appeal to the entire range of ostomates. As my grandmother did before me, I read the magazine from back to front. The original poetry by Donald Wallbaum is clever. The complications from intra-abdominal adhesions article overwhelmed me a bit, guess I'll wait for the movie. I really enjoyed the article about the artist. It seems we are constantly surprising and amazing new ostomates with the quality of life available after a stoma installation.

As I mentioned above, there were articles and information on almost everything: diet, new products, the UOAA conference, Medicare supply limits and several inspirational stories. All this in addition to the regular department columns on Q&A with doctors and nurses, book review, travel (especially good), and affiliated groups information.

If you haven't done so already, I recommend grabbing a copy, a tall glass of iced tea and enjoying the read.

—Patti Suler



## Old Farmer's Advice

*Source Internet*

Life is simpler when you plow around the stump.  
A bumble bee is considerably faster than a John Deere tractor.  
It don't take a very big person to carry a grudge.  
Don't judge folks by their relatives.  
Remember that silence is sometimes the best answer.  
If you find yourself in a hole, the first thing to do is stop diggin'.  
Always drink upstream from the herd.  
Good judgment comes from experience, and a lotta that comes from bad judgment.

**"It isn't the mountains ahead to climb that wear you out;  
it's the pebble in your shoe."**

**— Mohammad Ali**

## Nutrition for People with Ostomies

By Kathy Glazer, MS, RD, LD, Registered & Licensed Dietitian

Reprinted with permission (*Part 1 of 3 parts*)

### Basic diet principles

Diet: Low residue (low fiber at first then increase fiber as tolerated), adequate calories, protein, fluid and electrolytes.

Smaller, more frequent meals.

Limit fluids with meals.

Monitor lactose intolerance.

Restrict foods high in oxalates to avoid kidney stones.

Rehydration beverages (Gatorade type) may be of benefit if diarrhea occurs.

### Foods that may cause odors

Alcohol, asparagus, brussels sprouts, dried beans and peas, eggs, fish, garlic, onions, cabbage

### Foods that may cause gas

Dried beans and peas such as black-eyed peas, broad beans, chickpeas, field beans, baked beans, lentils, lima beans, mung beans, peanuts, peas, pinto beans, red kidney beans, soybeans.

Vegetables as noted under "odors" above.

Carbonated beverages.

### Foods that may cause blockage

Unpeeled apples, corn, raw cabbage as in coleslaw, celery, coconut, dried fruit, grapes, nuts, popcorn.

### Food with high oxalate—avoid these if you are at risk for kidney stones

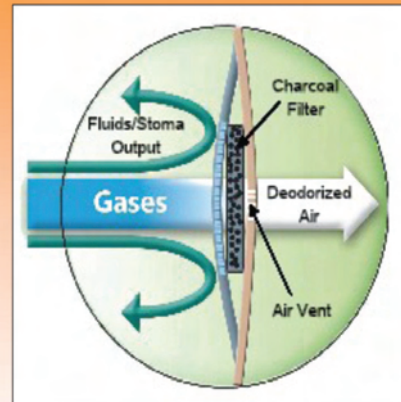
Beans, beer, beets, carob, cocoa, dark leafy greens, instant tea and coffee, nuts, sweet potatoes, tofu, wheat bran, whole wheat flour, wheat germ.

### Fats

Any fats are OK, but begin with small amounts and increase slowly as some may cause symptoms or discomfort. If watching your weight, use sparingly since fats are high in calories—1 Tbsp = 120 calories.

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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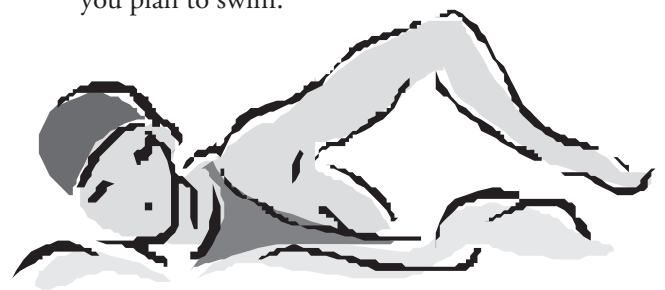
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## Summertime and Water Tips

*Courtesy of SGV Medical*

- Check to ensure your skin is not damp or wet when applying the skin barrier. It is difficult to develop a secure seal when your skin is moist.
- You can bathe, shower and swim with your pouch if you have a secure seal. With a one piece system, just let it dry afterward. With a two piece system, you can replace the damp pouch, clean it and let it dry for later use.
- For extra security during swimming and water sports, use waterproof tape to secure your pouch.
- Plan ahead for swimming. Try to calculate the time it takes food to travel from your mouth to your pouch, and eat your meals at a time that will allow you the least amount of output when you plan to swim.





## 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

### 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  
Lorette Bauarschi, Treasurer  
P. O. Box 25164  
Houston, TX 77265-5164

### 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 or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.

### A Different Perspective

*Observations collected from Internet humor*

I used to have a handle on life, but it broke.  
Don't take life too seriously; no one gets out alive.  
Beauty is in the eye of the beer holder.  
Out of my mind. Back in five minutes.  
Ever stop to think, and forget to start again?  
Being 'over the hill' is much better than being under it!  
I Have a Degree in Liberal Arts; Do You Want Fries With That?  
A journey of a thousand miles begins with a cash advance.  
Stupidity is not a handicap. Park elsewhere!  
Ham and eggs: A day's work for the chicken; a lifetime commitment from a pig.

## 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

## When Do You Need a CWOCN?

New ostomates may see a CWOCN multiple times during the first year after surgery as they learn pouching techniques and get comfortable with their new body. Stoma sizes change dramatically during the first six months and products may also need to be changed.

Annual CWOCN checkups are recommended after the first year for the next five years or as needed.

Contact your CWOCN any time, as needed, for skin problems, stoma problems, or when physical changes such as weight gain or loss affect your pouching process.



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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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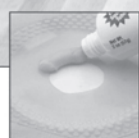
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