



August 2012

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

J-Pouch Corner

by Erin Nevin, *Used with permission courtesy of The Pouch, Ostomy Support Group of Northern Virginia*

How do you know when it's time for j-pouch surgery?

For some people, it may be decided for them. There are some people with very severe cases, such as toxic megacolon or extreme cases of other diseases, who may require an emergency surgery and wake up with a temporary ileostomy. For the rest of us, it will be a long, sometimes painful process to finally decide to take this step and have surgery.

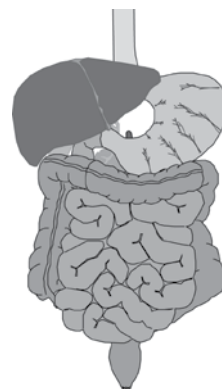
For myself, I tried just about every drug available to us. I was on high doses of Prednisone, Asacol, Imuran and Remicade at the same time. I took probiotics, ate a low-fiber diet or liquid diet, and was on TPN (intravenous nutrition) at one point. Nothing worked. I lost 40 pounds in a month at my sickest. I lost so much blood through bowel movements that I had a dozen blood transfusions and was severely anemic. I was taken by ambulance to a special IBD (Inflammatory Bowel Disease) center at a university hospital and had been seen by dozens of expert doctors. Nothing worked. I didn't want to leave the house for fear of accidents. I was being crippled by autoimmune arthritis and inflammatory bowel disease in my early 20s. My quality of life was nonexistent and there didn't seem to be any way to get better other than surgery.

So, if your path is similar to mine and you've been diagnosed with Ulcerative Colitis or Crohn's colitis that doesn't respond to any of the traditional treatments, how do you know that it's time for surgery? I focus on Ulcerative Colitis or Crohn's colitis because I have IBD, but for those of you who might have other reasons for considering surgery, this is a conversation to have with your surgeon.

Surgery is never something to take lightly and should only be considered if nothing else seems to work. For most people, your doctor might bring up surgery after other avenues have been exhausted to little or no avail. My surgeon and I discussed surgery for months before I actually had it. He tried to make sure I had exhausted all other avenues to deal with my disease before deciding on surgery, and that I had talked with both him, his surgical team and an ostomy nurse before I made my decision. If you have the opportunity, it is best to be fully prepared before having this surgery.

The second decision you have to make, after you've already made the decision for surgery, is whether you want an ostomy, a j-pouch or a even k-pouch, which is like a tiny ostomy that doesn't require the "bag." A j-pouch will allow you to live life without the "bag" but will require more frequent trips to the bathroom.

There are pros and cons to all types of surgeries for those who require one, and a talk with your colorectal surgeon and an ostomy nurse will help you decide what is the best decision for you. A surgery this large is, of course, not something to be taken lightly, but it is also not something to be feared. For those of us who cannot be helped by medical means, it can give you your life back.



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

J-Pouch Corner	1
Group News.....	2
Peristomal Skin Care	3
Meeting Dates/Times	4
Opportunities and Announcements	5
Membership Information.....	6
Advertising Support	5-7
Contact Information	8

Central Group News

We had a nice group of 17 attending the Central group meeting this month. We had a casual meeting with a lively discussion about recent travel experiences. One member commented that it was nice to have the opportunity to get better acquainted with some of the other members. As a group, I think we have seen just about all the various airport screening techniques. However, no one could say that the screenings would keep them from traveling. For many, the most stringent screenings were by far in U.S. airports. Traveling overseas did not present unusual problems. It has always been recommended that one carry the ostomy supplies and any medications in carry-on luggage. For one thing, you avoid losing your supplies in a lost or delayed checked bag. Second, depending on the time of year and location, a checked bag may be sitting on a hot tarmac and in the baggage compartment will be below freezing at high altitudes. Too hot or too cold is not good for wafers. For my ConvaTec wafers, there is an acceptable temperature range for storage noted in very small print in the brochure enclosed and on the box of 50°F to 86°F. If the wafer is exposed to temperatures outside that range, it will reduce the life and performance of the wafer. The brochure cautions that the wafers should be kept dry and away from high humidity. So in the Houston area, we need to be especially careful about leaving supplies in our cars during the summer.

Dues notices have been sent to those renewing in the July cycle. Please send your dues as soon as you can. It takes our volunteer group time and additional postage to follow up on those who don't respond.

I hope all of you have taken your Kroger letter to be scanned with your card. It usually takes me a trip or two carrying the letter to remember to get it scanned by the cashier. After a couple of weeks, you should see a note on your receipt that points are being credited to our organization's number, 81035.

Clarice Kennedy, ET, is continuing to rest at home. Patti Suler, our newsletter editor, is recovering from major surgery. We have other members undergoing treatment for cancer and other ailments. Please keep them all in your thoughts and prayers.

We are waiting on a confirmation from our speaker for August so please attend and be surprised.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Kroger Letters

Please remember to take your Kroger letter (from our July newsletter or on the OAHA website) to have it scanned so contributions go toward our organization. Thanks!

Baytown Group News

We had a good group turn out for the meeting in July. In addition to our usual core group of hearty souls, we welcomed a couple of new faces. An ostomate and his wife drove from Alvin to meet with us. They came with many questions and were so grateful not only for the answers but for the support and camaraderie they shared with the group. Members reflected back to their first days with failed wafers and irritated skin! We had the luxury of having the internet available to us and were able to show-n-tell about many of the resources that had been helpful to the group.

You won't want to miss the next 3 months. In August, we have Linda Crater from our local Walgreens Home Care Department. Baytown is one of the first sites to have a Walgreens with a Home Care Department with a full line of medical equipment and supplies.

The following two months we have ostomy care specialists from ConvaTec and Coloplast scheduled to meet with us (Polly Johnson in September and Nick Sprague in October).

We hope you will join us!

Cindy Barefield, RN, WOCN
281-428-3033

Northwest Group News

Approximately half dozen members braved the intermittent thunderstorms, lightening and rain to make this vacation roundtable meeting. Comprised solely of seasoned members, the discussion turned more into a family style catch-up than an organized forum. What people had been doing, were going to do, who was missing, why—these were all discussion points of interest.

It was noted that the Hollister Incorporated was again sponsoring a photo contest in connection with the World Ostomy Day Celebration. Ostomates can submit photos representing the theme "Let's Be Heard". Winners will receive a certificate of recognition and \$250 for their Ostomy Chapter. All participating chapters will receive a CD-ROM of the winning photographs. Members were urged to participate in the upcoming contest.

Of all those missing at this meeting, one vacancy stood out—Craig. Everyone asked, 'Where was Craig?' He has become an integral member of our family and his return will be anticipated, hopefully in the Fall. I suspect he will be receiving some calls and/or email. Our thoughts are with you.

The next meeting is Tuesday, August 21, 2012. Polly Johnson, a ConvaTec representative, will be presenting to our group.

Tony Romeo
281-537-0681

Peristomal Skin Care

by Linda Adelson, RN, CWOCN, reprinted with permission of the Metro Maryland OA (Edited by Patti Suler)

The skin around the stoma is called the peristomal skin. Keeping it healthy and intact is vital for appliance adhesion. In the '60s and earlier the thought was to clean the peristomal skin with alcohol to remove the oil from the skin so that the appliance would better adhere to the skin. Unfortunately, when you strip the oil from the skin, you take away its natural acidic barrier and place the skin at risk for fungal or bacterial rashes and breakdown.

Cleansing Peristomal Skin—In the '80s ET's (WOC Nurses) were taught to use soap and water on the skin. The Ivory soap company told us that their product was so gentle to your skin you could use it on a baby, and since we saw it on television and in magazines we believed them. Ivory soap is not gentle; it has an alkaline pH which dries the skin and makes it itch. This can cause excoriations, fungal and bacterial rashes and can denude the skin. Also, deodorant, perfumed and antibacterial soaps are very drying and harsh to our skin.

Skin Care 101—The skin has an acidic pH and needs its natural acidic oil to keep the skin hydrated and protected from trauma, bacteria and fungus. So presently we teach people to use only warm water to cleanse the peristomal skin. No soap is needed!

There are two kinds of sweat glands in the skin, those that have an odor and those that do not. The ones that have odor are in the arm pits (axilla) and in the groin; the only two areas that need soap or cleanser. Liquid soap is recommended because bacteria can grow on bar soap. The stoma and peristomal skin do not have odor producing sweat glands and do not need to be washed with soap/cleanser.

If you develop itchy peristomal skin, look at how you are cleansing your skin. Avoid using soap and hot water. You can return the skin to its acidic pH with a solution of one part vinegar to three parts water.

Skin Savvy Mist (Strong Body Care Products, Inc., www.strongskinsavvy.com, 1-800-724-3952) is a premade vinegar and water solution developed by an ET Nurse with an ileostomy. It may be applied to the peristomal skin and not harm your stoma.

Removing the Appliance—When you remove the appliance, start at the top and gently push the skin away from your appliance. This will prevent irritating the hair follicles (folliculitis) and trauma to the skin. Never pull the appliance away from the skin. If you need to shave the peristomal skin, use an electric razor. A straight edge razor can cause folliculitis.

When it comes to peristomal skin care remember, KISS (Keep It Simple Stupid). The fewer products you use the better for your skin. As a WOC Nurse, I rarely use adhesive remover. To decrease rashes and skin irritation, I use the fewest products possible. To remove the appliance, start at a top corner of the appliance and roll your finger over the corner several times until it lifts away

from the skin. Then gently push the skin away from the adhesive. Or you can use a wash cloth with warm water or remove the appliance while taking a warm shower. Never use your fingernail to scratch the adhesive off the skin. This may cause an excoriation or bacterial or fungal rash.

Irritated or Denuded Skin—If the skin is irritated or denuded (missing its top layer of skin or epidermis) apply a dusting layer of skin barrier powder. Gently pat powder with an alcohol-free skin sealant. Fan dry or use a blow dryer on cool setting. This may be repeated twice for a total of three layers of powder and skin sealant. Do not use Karaya powder because it may burn the skin.

For yeast or fungal rashes, use the same procedure except substitute the powder with an antifungal powder like Miconazole or Nystatin (both require a prescription). The rash should resolve in 14 days. If it does not get better, call your WOC Nurse or Dermatologist. It may be bacterial or an allergic reaction. If it may be an allergic reaction, switch to a different brand of skin barrier/ostomy appliance.

Do not use: soap, calamine lotion, alcohol, baby wipes, hydrogen peroxide, or Cottonelle wipes or Betadine (brand name for a povidone-iodine, a topical antiseptic used in hospitals) on your peristomal skin. Warm water is enough to cleanse the skin.

Tips for Better Adhesion

- Measure your stoma to make the opening in the skin barrier the correct size. If the opening is too small, stool or urine will leak under the skin barrier and cause the skin to break down and the appliance to leak. Also the stoma has no sensation and you may cause bleeding and trauma to the stoma. Instead of cutting the skin barrier the same size as the stoma, cut the skin barrier slightly larger than the stoma ($\frac{1}{16}$ "– $\frac{1}{8}$ ") to allow the stoma to expand. If you have an oval stoma try a moldable wafer or order a pre-cut opening that is the largest diameter of a stoma and use a solid skin barrier to protect the exposed skin. For example a $\frac{1}{2}$ " x 1" stoma needs a 1" or $1\frac{1}{8}$ " pre cut opening.
- If an extra barrier or convexity is needed, use a Hollister Adapt Ring or ConvaTec Eakin Seal instead of a skin barrier paste. The paste contains alcohol and may burn or irritate the skin. Also the paste needs to air at least one minute before applying it to the skin to allow the alcohol to evaporate and for the paste to set. In addition, the paste washes out faster than the solid skin barrier rings.
- Empty your pouch when it is $\frac{1}{3}$ full. Too much weight in your pouch will loosen the adhesive seal on your skin. Make sure your pouch is closed.
- If you are using a long-wear skin barrier (such as FlexTend by Hollister or DuraHesive by ConvaTec) they will adhere better if you do not use a skin sealant (like Skin Prep).
- Store your ostomy appliances in a cool dark place away from heat and humidity (not in your bathroom).



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

WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
San Jacinto Methodist Hospital
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.



The Phoenix

ORDER FORM

Money Back Guarantee!

☐ One-year subscription \$29.95 ☐ Two-years for \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____

Apt/Suite _____

City _____

State _____

Zip _____

11/11 SG HLFAG

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: **August 20, 2012**
Program: **Guest Speaker: To be determined**

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: **August 6, 2012**
Program: **Guest Speaker: Linda Crater**, Walgreens Home Care Department

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: **August 21, 2012**
Program: **Guest Speaker: Polly Johnson**, ConvaTec representative

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: **August 20, 2012**

Monthly support and information meetings are held in three locations for member convenience.

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

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 at the right.

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.

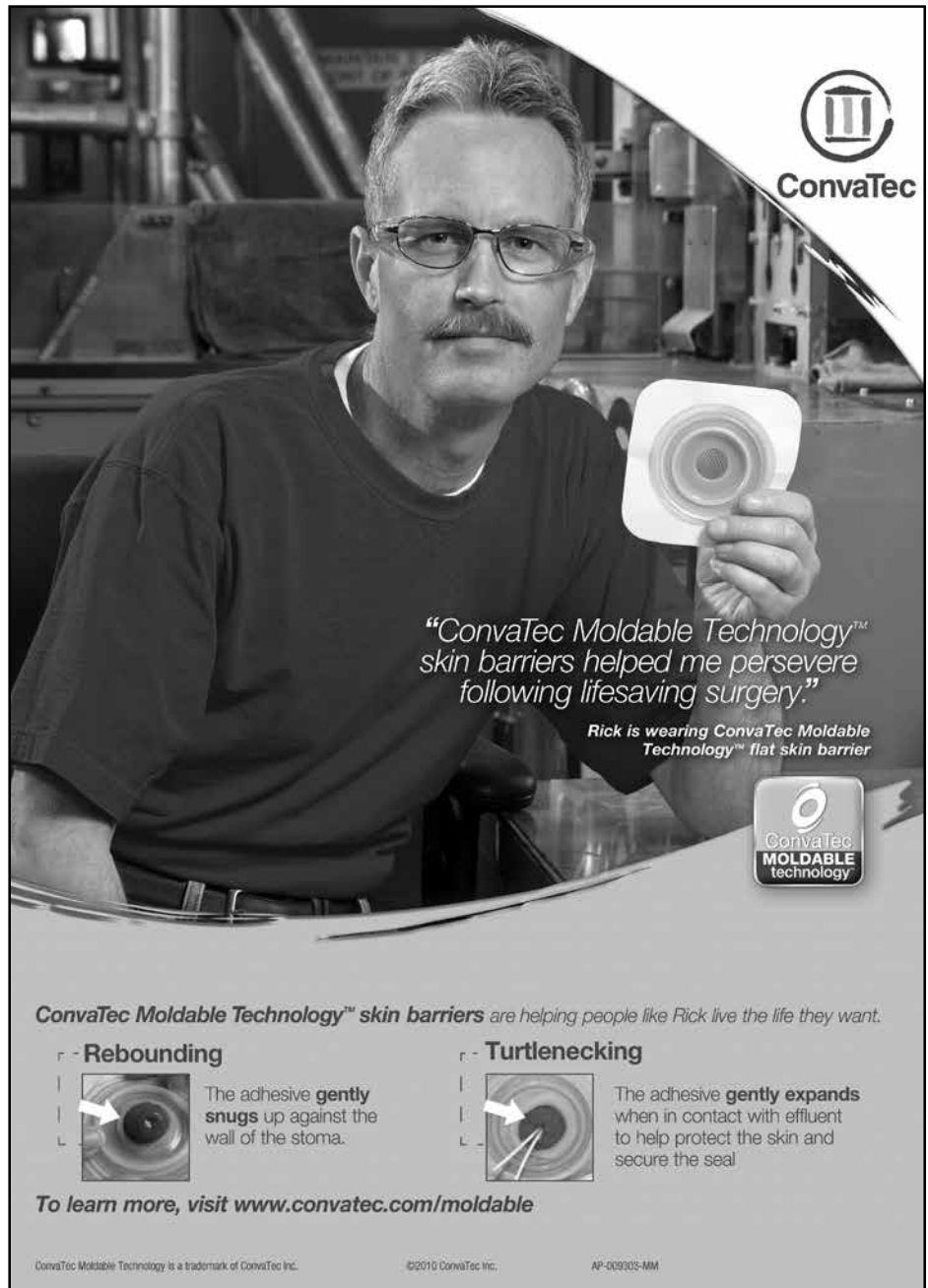
Donation of Supplies

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

(When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)



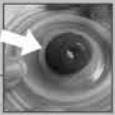
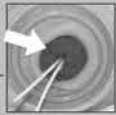
ConvaTec

"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."

Rick is wearing ConvaTec Moldable Technology™ flat skin barrier

ConvaTec MOLDABLE technology

ConvaTec Moldable Technology™ skin barriers are helping people like Rick live the life they want.

<p>- Rebounding</p>  <p>The adhesive gently snugs up against the wall of the stoma.</p>	<p>- Turtlenecking</p>  <p>The adhesive gently expands when in contact with effluent to help protect the skin and secure the seal.</p>
--	---

To learn more, visit www.convatec.com/moldable

ConvaTec Moldable Technology is a trademark of ConvaTec Inc. ©2010 ConvaTec Inc. AP-009303-MM

Peristomal Skin Care *(continued from page 3)*

General Tips—When you get out of the shower, use a blow dryer on a “cool” setting to thoroughly dry the side of the pouch that will touch your skin. In summer months and while exercising, use a moisture wicking fabric like Under Armour or InterDry by Coloplast. Use a flat piece of fabric the length and width of the pouch. Cut a circle in the fabric so that a pouch may be slipped through it, allowing the fabric to be between your skin and the pouch. The fabric may be rinsed and dried overnight. There are many pouch cover available, some are decorative. Others provide a light support like Ostomy Secrets (www.ostomy.com) or stronger support hernia belts from Nu-Hope (www.nu-hope.com).

WOC Nurse Support—First call and try to see the WOC Nurse that cared for you in the hospital. If the WOC Nurse is not available, make an appointment at an ostomy clinic. In addition, the industry provides WOC Nurse telephone-support and samples. Call the Wound Ostomy Continence Society (WOCN) 1-888-224-WOCN (9626). The website, www.wocn.org, will help you find a WOC Nurse in your area.

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



FOR LIFE GmbH
Berlin, Germany

**For a Free Sample
or For More Information Contact**
Clarice Kennedy, CET (713) 647-8029 or claricekennedy1@comcast.net

For Life GmbH • Tabbertstr. 12 • 12459 Berlin, Germany • <http://www.stomocur.com>
Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: FOR_LIFE_GmbH@t-online.de

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*



CYMED

life without limitations



**MICROSKIN® based
OSTOMY POUCHING SYSTEMS**

Cymed's MicroSkin® pouches promote healthy skin by allowing breathability. MicroSkin® pouches are so thin and flexible you'll forget you're wearing anything at all. Try MicroSkin® and experience the freedom of exercising, bathing, swimming, riding a bike or just taking a long walk. Live your life without limitations.

Order free samples at:
samples02@cymedostomy.com
 or call **800 582-0707 x105**
www.cymedostomy.com

Osto-EZ-Vent®

- GIVES YOU CONTROL
- EASY TO VENT,
OPEN



For more information and a free sample
 call 1-888-562-8802
 For more information visit our website
www.kemOnline.com
 Medical Reimbursement Code A4366



Where to Buy? Check out website for dealers, catalogs, online ordering, or call our toll free number to order direct by mail.



SPRING BRANCH MEDICAL SUPPLY

PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ▪ Wound Care
 Oxygen & Respiratory Equipment ▪ Hospital Beds
 Wheelchairs ▪ Bedside Commodes ▪ Walkers
 Bathroom Aides ▪ Mastectomy Products
 Compression Hosiery ▪ Orthopedic Supplies

8700 Long Point Road
 Houston, TX 77055
(713) 465-2200
 Fax (713) 461-5806


Ostomy Consultations with
 Clarice E. Kennedy, CET
 By appointment only
 Call (713) 647-8029

Medic Pharmacy

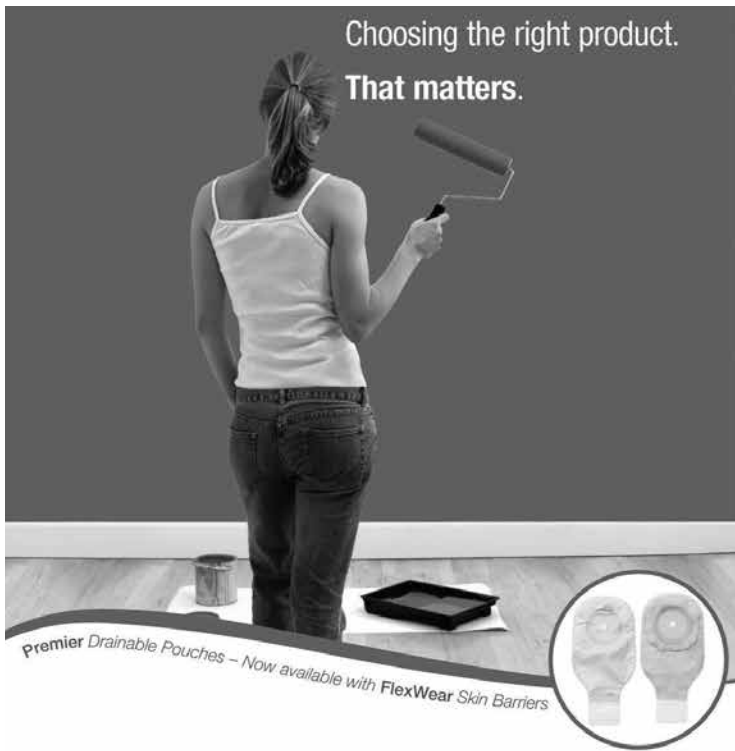
Ostomy Products
 Medical Equipment and Supplies

4040 S. Braeswood, Houston, TX 77025
 (next door to "3 Brothers Bakery")
Centrally Located
With Free Front Door Parking

713-666-6353
 FAX: 713-666-2831
 9 AM to 5:30 PM M-F; Sat. 10 AM-1 PM





Newsletter Advertising: Please contact the newsletter editor for sponsorship and advertising opportunities.



Choosing the right product.
That matters.

Premier Drainable Pouches – Now available with FlexWear Skin Barriers



Introducing **Premier** drainable pouches utilizing **FlexWear** skin barrier with tape border for strength and flexibility, and **FlexTend** extended wear skin barrier with filter. With options from the easy-to-use **Lock 'n Roll** closure and the **AF300** filter for improved deodorization; security, comfort, and discretion are the objectives of the pouch design. This pouch is available in multiple variations including ultra-clear, beige, or transparent, and pre-sized or cut-to-fit.

For a sample, call **1.888.740.8999**.

Hollister Ostomy. **Details Matter.**



Hollister
www.hollister.com

Hollister and logo, AF300, FlexTend, FlexWear, Lock'n Roll, and Premier are trademarks of Hollister Incorporated.
 Hollister Ostomy. Details Matter,™ is a service mark of Hollister Incorporated.
 ©2010 Hollister Incorporated. PROMOCODE: 138PMFW0810