



August 2013

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

Tips and Tricks—Ostomy Tips from Ostomates...

Reviewed By Our Local WOCNs, 2012

Courtesy of the Metro Maryland Ostomy Association's Thrive

Stoma Care:

1. If your car seat belt rides over the stoma, use a small cushion/pillow between you and the belt, or try placing a clothespin at the top of the belt in order to wear the seat belt more loosely without losing the safety of the belt.
2. Sometimes the stoma moves in and out—this is called peristalsis and is the natural movement of the intestine.
3. Almost impossible for a stoma to get infected. The natural coating of mucus keeps bacteria from sticking.
4. Don't be afraid to take a shower without your pouch. Soap cannot hurt the stoma. Rinse your skin well. Hold a cold compress over the peristomal skin for a few seconds (closes the pores), then apply your appliance.

Skin Care:

1. Common causes of skin irritation are: leakage from effluent onto the skin, allergic reactions to the adhesive material in a wafer or tape, or improper hygiene.
2. Cleanse, rinse, and pat skin dry between pouch changes
3. Avoid oily or fatty soaps (*e.g.*, Dove) that can leave a film interfering with proper adhesion of the skin barrier. Also, Ivory soap is too dry for the skin.
4. If correctly applied, a wafer will usually prevent leakage. See your WOC nurse if leakage occurs.

5. If your skin is uneven due to scarring or indentations, use paste, barrier rings, or strip paste to fill in the depressions to make a smooth pouching surface
6. If the skin under the wafer becomes red, open, or blistered—remove the wafer, clean the skin and apply skin barrier powder followed by a non-alcohol skin sealant until the redness/open areas clear up.
7. A pinpoint red rash under the wafer is usually a yeast infection (quite common) and must be treated with anti-fungal powder. Call your MD for a prescription.
8. Use a hair dryer on cool setting to dry a rash/open skin—never use a heat lamp which might burn the stoma and the surrounding skin.
9. Avoid skin creams and ointments under your wafer as this will interfere with the adhesion.

(Continued on page 3)

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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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, Marian Newman at 281-485-1961.

Central Group News

I hope everyone is having a nice summer. Yes, you can swim with your ostomy! If you are concerned about the pouch system, R. J. Poonawala, with Spring Branch Medical Supply may be able to help with a new device designed to keep things like arm/leg casts dry. There is a version for the abdomen. R. J. talked about a couple of new products and explained the Competitive Bidding process that is part of the latest Medicare overhaul. Spring Branch Medical Supply has been a sponsor of newsletter printings and always has an ad in the newsletter which helps defer our costs. Spring Branch Medical Supply can assist with sales and rentals of all kinds of durable medical goods. We welcomed a new ostomate and her mother along with a member who was attending her first meeting. I hope they had their concerns addressed and questions answered.

Please note the enclosed letter that describes how to associate our group with your Kroger Plus card. **Our Kroger Card number is 81035.** Kroger assigns points for your purchases and those points can be designated to a nonprofit community group. Based on the total points accumulated by the organization, a cash award is made to the organization. Last year, our Kroger points gave us \$851.57. This donation paid for several printings and postage for the newsletter. If you shop at Kroger using your Plus card with our organization, it is a painless way to help the group. Further, you still get your fuel points and coupons. This year, Kroger has moved the process of adding the organization to your Plus card on line. For those who do not have computer access or need help, we will have a laptop at the August meeting to aid members in getting the association completed. Bring your Kroger card with you. Customer service desks at the stores may be able to help. If you need help with this process, please contact one of the Board members. We are a 501(c)3 non-profit, self-governing organization of volunteers. Our income is primarily newsletter ads and those who sponsor editions of the newsletters, member dues, and donations. The shopping cards give us just a little more.

Our speaker in August will be Paul Batchelder who is a member of the Northwest group and one of our Trained Visitors.

Keep cool, drink lots of water, and we hope to see you in August.

Best regards,

Denise Parsons, President, OAHA

713-824-8841

Northwest Group News

Our July meeting was well attended—15 people.

Angie Chicca presented a very interesting program on yoga. Her program covered the mental, spiritual, and physical benefits of yoga. We all enjoyed her in-depth presentation and enthusiasm. Angie even got most of us to participate with her in the program and smile at the sun! Yoga not only promotes fitness, but has a strong foundation in positive thinking and relaxation.

Speaking of relaxation, we ended our meeting by joining together and enjoying our summer ice cream social! Everyone was excited to have attended this meeting, Yoga and ice cream, if that doesn't relax you and make you happy I do not know what will!

Next month's program will be presented by Stomocur representative, Jenny Jansson-Smith, RN, CWON.

Craig Cooper

281-948-6883

Tony Romeo

281-537-0681

Baytown Group News

July was a great month to be in attendance at the Baytown Ostomy Support Group! Jenny Jansson-Smith, RN, CWON (Certified Wound Ostomy Nurse) and Clinical Consultant provided a wonderful presentation on the benefits of an international ostomy company, FOR LIFE. This company began in 1990 and has been developing high quality ostomy products in Germany and throughout the world.

For patients with difficult skin issues, Stomocur often works very well. They offer a diverse line of products for adult and pediatric ostomies as well as wound managers. The soft one piece convex product has been just the answer for many patients who have tried many products without success! Another unique feature of the product line includes a gel free wafer which is wonderful for our warm Texas heat and can treat dermatitis, if needed. There are also wafers with an alginate composition for those with leakage issues. These are great options where there have been none before! Currently, Edgepark is the dedicated distributor for this product line in our area.

We want to send our best wishes to those who are not feeling well and are unable to attend and to those who are travelling during these summer months. We hope to see you soon.

Our next meeting is Monday, August 5, at 6 p.m. Nick Sprague will join us for the latest from Coloplast.

We hope you will join us!

Cindy Barefield, RN, CWOCN

281-428-3033

Osto Group www.ostogroup.org

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Tips and Tricks—Ostomy Tips from Ostomates...

(continued from page 1)

10. When removing the wafer, do not peel it away from your skin. Push the skin away from the adhesive.
11. For itching under the wafer or tape, mix 1 part white vinegar and 3 parts water; apply gauze sponges, soak the skin for 5-10 minutes or use the solution in a spray bottle. Dry the skin well before applying the wafer.

Caught Holding the Bag

from Oskaloosa (IA) Support Group; via Green Bay (WI) Ostomy Support Group; and North Central OK Ostomy Outlook

First You Cry—I'm not talking about grief therapy here, just the pain! You haven't lived until you ask a nurse for a shot and have her pinch your cheek, saying, "You just had one ten minutes ago, kiddo. Tough it out!" And was it my imagination, or were the shots no longer needed when my behind could no longer stand all of the attention?

Your First Accident—My first one was in the hospital; what about yours? My second one, however, happened at work. It severely tested my ingenuity, and reminded me of a joke where a wino falls down with a bottle of booze in his pocket. He felt something wet running down his leg and said, "I hope that's blood."

Naming Your Stoma—I was told before my surgery that I might decide to come up with a name for the new addition. I was dubious. But I did name it, out of convenience. When something talks to you, it is convenient to address it by name when talking back. You can be poetic (Homer the Stoma) or descriptive (Vesuvius), but be imaginative. My own medical muses helped me select Riley (as in "Life with Riley").

Your First Complication—Whether it is a rash or a partial blockage, many of us deal with a side effect sooner or later. While reading support group newsletters, I ran across home remedy tips—such as drinking tea for an obstruction. My favorite cure for blockage: light exercise. When an abdominal cramp rips through me, the thought of dropping to the floor and knocking off ten push-ups just doesn't appeal.

Not All Milestones are Negative Ones—I can still remember the marathon appliance changing sessions just after my surgery. Sometimes it seemed as though the seasons changed while I struggled through the process. But we gradually progressed from marathoners to sprinters.

The Milestone We Should Never Reach—It is to feel so independent and self-sufficient that we no longer need to attend meetings. For even if we become immune to problems or need, which strikes me as impossible, there are still opportunities to help someone new who may feel as though he or she has been caught 'holding the bag.

Visit the Official UOAA Store

The UOAA is proud to announce its new on-line store. You can now purchase official UOAA logo T-shirts, polo shirts, sweat shirts, and assorted UOAA logo gear. Check out the official 2013 National Conference merchandise too! Remember that some of the proceeds from the sales of these items will go to further the efforts of the UOAA.

To see the available selection click on: www.cafepress.com/uoa

Antibiotic Side Effects

from UOAA Update, Dec 2011, edited by B. Brewer

Many times ostomates who must take powerful antibiotics suddenly find they have itching and burning under their pouches and have poor pouch adhesion. A side effect of antibiotic therapy can be a yeast infection on the skin around the stoma. You may hear health professionals call this monilia.

At first it may appear as tiny white pimples, but in a few days it is a red rash. This is caused by the antibiotic killing some normal bacteria in the body as well as the bacteria causing infection or illness. At the same time you may also notice sores in your mouth, diarrhea, and a similar rash on the perineal area.

Contact your doctor for a prescription of mycostatin or nystatin powder. Put the powder directly on the irritated area. Apply a coat of silicone skin barrier such as Skin Prep or Bard Protective Skin Barrier, etc. Let this dry! Apply your pouching system as usual. Eating foods such as yogurt or drinking buttermilk helps to replace some of the normal bacteria in the gastrointestinal tract.

Pointers For The New Ostomate

Via Big Sky Informer and Stoma-Life Newsletters

There is no one answer to the question, "Why me?" but it is normal to ask, and you do need to work through the process. Each person's ostomy is different, even as our fingerprints are different.

Support and information received from someone who has an ostomy can be helpful. Ask your doctor or WOC nurse to arrange for an ostomy visitor.

It is your ostomy; learn to manage it and don't let your ostomy manage you. In the beginning it is normal for your ostomy care to be the center of your existence; however, with time and practice your ostomy and its care will become just a normal part of your life.

Basic management skills can be learned like new experiences; any problems that develop must be met and managed as they occur. With time and experience, you will become comfortable with your ostomy care.

You are alive! You will get better and stronger. Give yourself time to get over your ostomy surgery, adjust to this body change, and adapt to your ostomy.

WOC Nurse Directory

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

Anita Prinz, RN, MSN, CWOCN (281) 824-2382
aprinzn@yahoo.com

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



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

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.



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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: **August 19, 2013**

Program: **Guest Speaker: Paul Batchelder** is a member of the Northwest group and one of our Trained Visitors.

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 5, 2013**

Program: **Guest Speaker: Nick Sprague** from Coloplast will present: "Coloplast: Ostomy Solutions That Make Your Life Easier!"

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 20, 2013**

Program: **Guest Speaker:** Stomocur representative, **Jenny Jansson-Smith, RN, CWON.**

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 19, 2013**

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.

Donation of Supplies

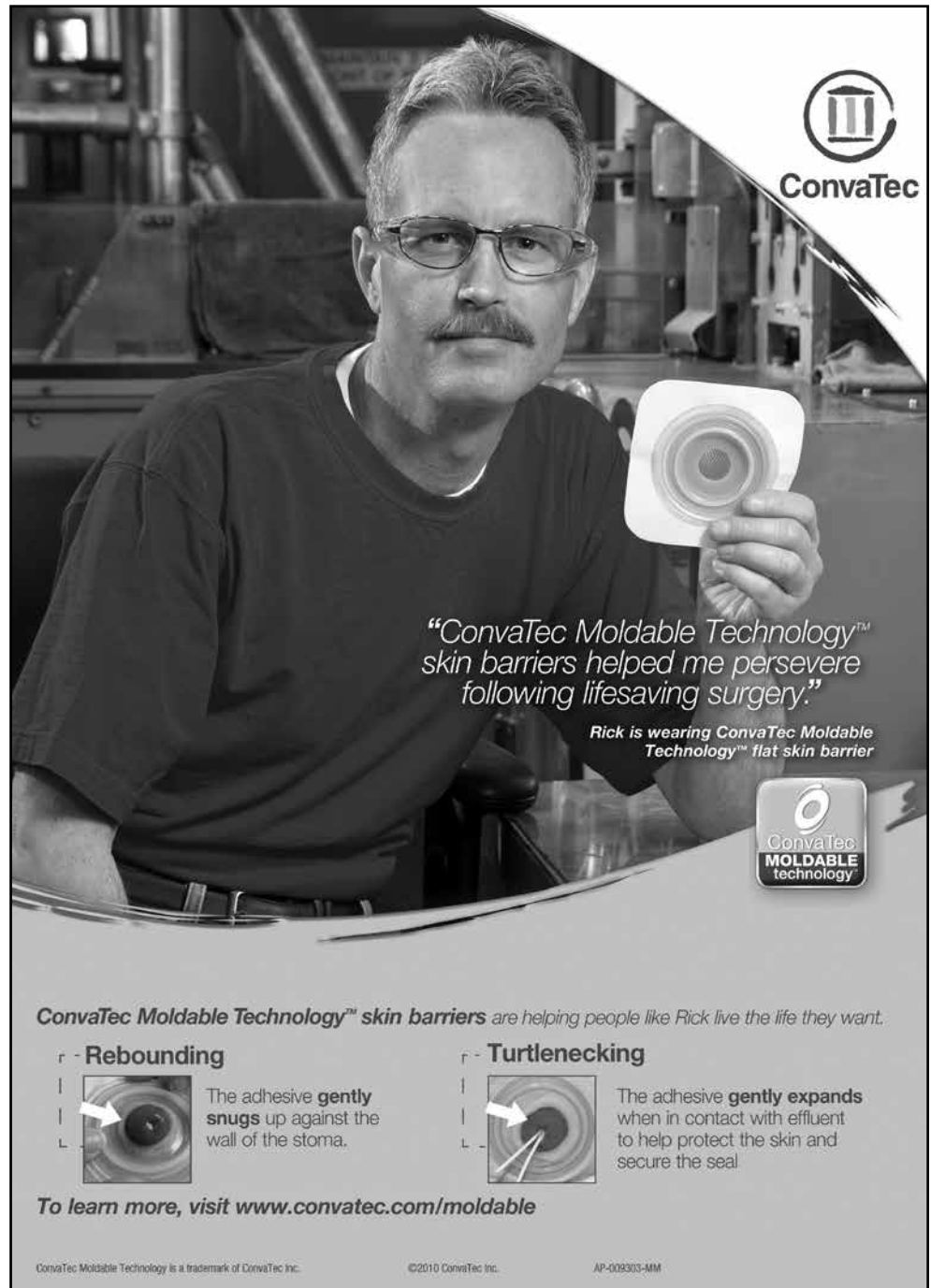
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Elaine Anderson at 713-529-2724 or send email to thomasj744@yahoo.com with any questions.

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, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

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



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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/>

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.

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*



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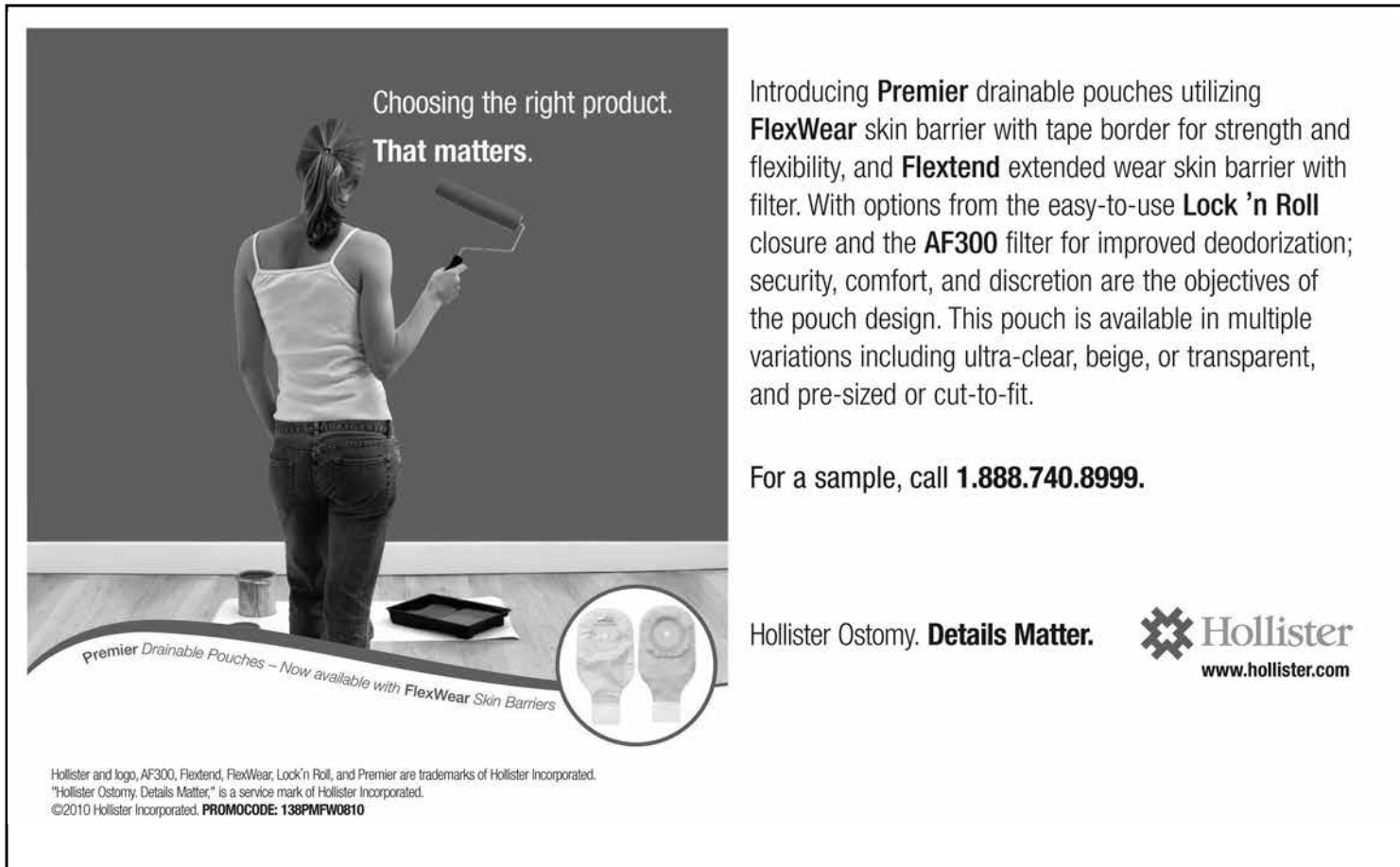
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