



# 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:** **September 15, Monday evening**  
**Program:** **Possible Stoma Complications**  
David A. Thompson, MD, FACS who is a member of the Colon and Rectal Clinic of Houston will give the September 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:** **September 16, Tuesday evening**  
**Program:** **Diet and the Ostomate**

## 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:** **September 22, Monday evening**  
**Program:** **General Discussion**

## 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:** **September 15, Monday evening**  
**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.

## Central Group News

We had 26 in attendance at the August 18th Central Group meeting. We started the meeting with a short presentation by Jenny M. Jansson-Smith RN, CWCN, COCN who is a sales representative for Sterling Medical Services; she went over how Sterling will bill Medicare and other medical insurance companies directly and conveniently send the equipment to you postage free after you have registered all the necessary information with them. She also announced that they are updating their catalogs and brochures, and they will be sent to all who are registered with them and anybody else who requests them through their website [www.sterlingmedical.com](http://www.sterlingmedical.com), or phone number 800-291-8500.

Our main presentation was by Dotti Visosky who is a massage therapist and nutritionist with a degree from LSU. She gave a presentation on Laughercise, an Rx for Better Health, and had us demonstrate the three basic types of laugh, the nasal "He He," the chest and diaphragm based heart laugh, "Ha Ha," and the belly laugh, "Ho Ho." Dotti observes that unlike medications, with laughter there are no negative side effects, there is no cost, the government hasn't figured out how to tax or regulate it, and laughter is good for the body, mind and soul. She told us that among the benefits of laughter are:

- Muscle relaxation
- Reduction of stress hormones
- Boosts the immune system response
- Improvement of cardiac function
- Can reduce pain
- Stimulates lymphatic flow (removal of toxins)

She emphasized that we should try to start and end our day with laughter (possibly doing the 3 basic laugh types along with deep breathing like she showed us for approximately 3-5 minutes morning and evening), and have laughter or joyful banter before and/or during your meals. If you follow a regimen similar to this, it should reduce the stress level in your life and make you feel better.

Our September 15 meeting will have a presentation by one of our Medical Advisory Board members, David Thompson, MD, FACS who is a member of the Colon and Rectal Clinic of Houston. He will be discussing the "Possible Stoma Complications" that could occur as a result of ostomy surgery. I am sure that this will be a very interesting and informative presentation.

I hope to see you in September.

**Terry Marriott**

**The United Ostomy Associations  
of America (UOAA) can be  
contacted at [www.uoaa.org](http://www.uoaa.org).**

## Northwest Group News

The Northwest group had nine people attend the August meeting. Tabatha Schroeder, ConvaTec representative, gave the program and distributed forms to request samples from her company.

Thanks to Jennifer Gott for the great cookies. Jane Price will bring refreshments in September. Congratulations to Grandma Gay Nell. See you next month.

## Baytown Group News

Baytown support group had a great turn out of 12 for the July 28th meeting. The group voted unanimously to re-elect Terry Marriott and Lorette Bauarschi and to elect Laura Beth Jackson to the Houston board.

We welcomed Tabatha Schroeder, Ostomy specialist from ConvaTec as our speaker. Tabatha went over the new one piece pouch which is available in opaque and transparent for those who had not seen it. The filter on the pouch is unique in that it should be cover when not in use to increase wear time.

Tabatha also reviewed some of the basics of the durahesive moldable wafer that has been so well received. "Roll, Mold & Hold" is a good way to remember how this wafer should be applied. An easier way to apply the pouch to the wafer is to start at the bottom (6 o'clock position) and move up and around until completely fastened.

A rule of thumb for those folks who use Stomahesive paste is to apply this product flatly around the opening of the wafer and not in a rounded bead (such as toothpaste).

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

**Cindy Barefield, RN, WOCN**  
281-420-8671

## 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

### 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  
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.)

### 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

Kroger 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.

## 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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### 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 or 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.

## Ask the ET

# Pyoderma Gangrenosum

By Clarice E. Kennedy, CET  
Certified Enterostomal Therapist

Pyoderma Gangrenosum (PG) is a rare inflammatory skin disease that can be destructive and extensive. The lesions may appear as red lesions that become indurated (hardened) and ulcerated. Once the disease becomes active, even minor trauma (e.g. skin abrasions) may initiate new lesions. The increase of this serious skin disease in the patients I see for skin problems related to their ostomies is alarming. I have seen more patients with this PG in the past 2–3 years than I ever have in the 34 years that I have been in this profession. PG is not confined to ostomates only. Anyone can get it. In the U.S. PG occurs in about one person per 100,000 people each year.

## Background

In 1930 Brunsting first described PG and thought that streptococci and staphylococci were the causative agents. Although all etiologic factors are still unknown, it is established that the cause is not infection. It is associated with systemic diseases in at least 50% of the patients who are affected.

Diseases associated with PG include ulcerative colitis, Crohn's disease, arthritis, leukemia, (acute and chronic myelogenous lymphphocytic), polycythemia vera, and multiple myeloma. Because the disease is seen in association with these systemic disorders, various researchers have considered an altered immune process to be the cause. This is not, however, established, nor is there any definitive laboratory test for the diagnosis of PG.

## Physical

Two main variants of PG exist: classic and atypical. Several other variants may exist.

1. Classic PG is characterized by a deep ulceration with a violaceous border that overhangs the ulcer bed. The lesions of PG most commonly occur on the legs, but they may occur anywhere on the body.
2. Atypical PG has a vesiculopustular component only at the border, is erosive or superficially ulcerated, and most often occurs on the dorsal surface of the hands, the extensor parts of the forearms, or the face.

The following is very important for all ostomates: Classic PG may occur around the stoma site; this type is known as peristomal PG. This form is often mistaken for a wound infection or irritation from the prosthetic device worn over the stoma. This is the type that has become more prevalent in recent years in the patients referred to me for skin problems related to their ostomy.

Complications of Pyoderma Gangrenosum such as fistula formation may result in the need for more aggressive surgical management or even relocation of the stoma to another site.

If you see a red solitary lesion or multiple red lesions on the skin surrounding the stoma, please seek medical attention as soon as possible from your Colon and Rectal Surgeon or your Enterostomal Therapist or WOCN. The initial symptom of ostomates with PG often is pouch leakage resulting from undermining caused by draining lesions. This drainage will be bloody and purulent in appearance. Pain at the site of the lesion or lesions will also be experienced. Occasionally, leakage of effluent may cause an infection of the ulcer in addition to the surrounding skin becoming denuded.

Treatment of choice is systemic corticosteroids which are most consistent in resolving lesions if your colon and rectal specialist feels this is the most appropriate treatment for you. Topical corticosteroids may also be used in treating the lesions. Modification of the pouching system may be necessary to maintain an effective seal.

## References

- Ostomies and Continent Diversions: Nursing Management*  
Edited by Beverly G. Hampton, MSN, RN, CETN, OCCN  
and Ruth A. Bryant, MS, RN, CETN
- Pyoderma Gangrenosum (Internet)  
By J. Mark Jackson, MD  
Co-Author Jeffery P. Collen, MD
- Hospital Practice (Internet)  
Management of Pyoderma Gangrenosum  
By Murad Mokn and Tonia Phillips, Boston University



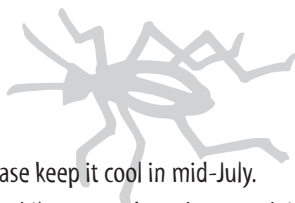
## TIPS FOR TAKING MEDICATIONS

Via *Wellness*, a Healthnet Federal Services publication:

Here's some more general advice to help your medicines work as safely and effectively as possible.

- Ask the doctor's or pharmacist's advice before crushing or splitting tablets: some should only be swallowed whole.
- Contact the doctor or pharmacist if new or unexpected symptoms or other problems appear.
- Never stop taking medication the doctor has told you to finish just because symptoms disappear.
- Ask your doctor periodically to reevaluate longterm treatments.
- Carefully read OTC medicine labels for ingredients, proper uses, directions, warnings, precautions, and expiration dates. Many medications contain the same ingredients. Be sure you're not taking the same drug in more than one form.
- If you have questions, talk to your pharmacist or doctor before using an over-the-counter medicine the first time, especially if you use other medications.
- Discard outdated medications.
- Never take someone else's medicine.
- Store medications in the original container, where the label identifies it and gives directions.
- Never store medicine in the bathroom. Unless otherwise directed, keep it away from heat, light and moisture.
- Tell your doctor if you: Are breast-feeding or are, or may be pregnant; are allergic to drugs or foods; have diabetes or kidney or liver disease; take other prescription or OTC medicines regularly; use alcohol or tobacco.

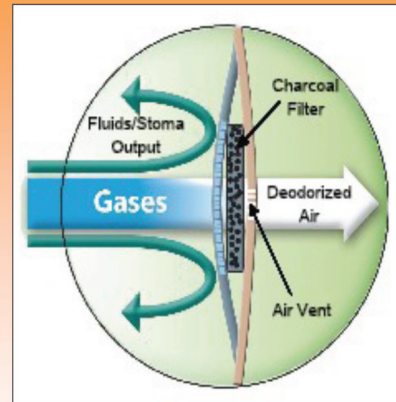
## A Texas Blessing



Bless this house, oh Lord, we cry... please keep it cool in mid-July.  
 Bless the walls where termites dine... while ants and roaches march in time.  
 Bless our yard where spiders pass... fire ant castles in the grass.  
 Bless the garage, a home to please... carpenter beetles, ticks and fleas.  
 Bless the love bugs, two by two... the gnats and mosquitoes that feed on you.  
 Millions of creatures that fly or crawl... in Texas, Lord, you've put them all!!  
 But this is home, and here we'll stay,  
 So thank you Lord, for insect spray.

—Submitted by Joan Wertzberger

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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: \_\_\_\_\_

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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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