



September 2011

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

Vitamins and the Ostomate

To help you make informed decisions, talk to your doctor and/or registered dietitian before implementing any vitamin, supplement or dietary changes. Certain vitamins such as A, D, E, and K can cause liver damage if dosages are too high.

Vitamins, minerals and assorted nutrients have become common place. They can be purchased on-line, at the grocery store, drug store and even at the mall. There is an endless array of confusion in all colors, combinations and sizes that are all screaming 'Buy Me!'

The Recommended Daily Allowance (RDA) that the government has set for vitamins and minerals is the guide many vitamin manufacturers use. It is meant to provide a suggested daily vitamin intake level.

However, this recommendation does not address varying individual needs for vitamin levels during stress, sickness or chronic degenerative conditions. If a vitamin is absent from the diet or we don't properly absorb it, a specific deficiency disease may develop.

The following list contains just some of the symptoms that can result from vitamin deficiencies:

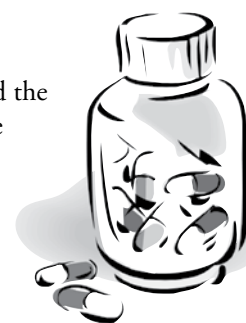
Even if you eat a wide variety of foods, how can you be sure that you are getting all the vitamins, minerals, and other nutrients you

- | | |
|---|-------------------------------|
| ■ Dry hair, premature graying | ■ Tooth decay, bleeding gums |
| ■ Pale skin | ■ Sore tongue |
| ■ Hair loss or dandruff | ■ Dark circles under the eyes |
| ■ Irritability | ■ Diarrhea |
| ■ Pale skin | ■ Nail ridging |
| ■ Depression | ■ Cold hands |
| ■ Irritability | ■ Dry skin |
| ■ Muscle weakness | ■ Memory loss |
| ■ Excess ear wax | ■ Fatigue |
| ■ Numbness and/or tingling in the extremities | ■ Easy bruising |
| | ■ Mental confusion |
| | ■ Slow wound healing |

need as you get older? Beginning around the age of 50, your nutritional needs change and present diets may not provide enough support.

Today's dietary supplements are not only just vitamins and minerals. They also include other less-familiar substances, such as herbals, botanicals, amino acids, enzymes, and animal extracts. Supplements can interact with prescribed medications. It is important to include them as a part of any medication list. For example: Coumadin (a

(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.

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.

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Central Group News

Arlene Ehlers, RN, ET, (Retired), gave 23 attendees a wonderful history of ostomy treatment and products through the telling of her life story. Arlene had ileostomy surgery January 2, 1970 after a sudden illness. She was sent home with Bongort blue plastic bags that rattled loudly and needed changing every other day. She graduated to a black rubber Torbot bag which showed through seven layers of white! They were expensive and had to be replaced every 6-7 months as the odor permeated the rubber. She was able to get into ET school at Harrisburg Hospital School of Enterostomal Therapy, one of only three in the nation at that time. Clarice Kennedy, ET, attended the same school. After graduation, she was hired by The Mary Imogene Bassett Hospital in Cooperstown, NY and worked there for 17 ½ years. Bassett Hospital was the Upstate Medical Center for Columbia University in New York City. After leaving Bassett Hospital, Arlene was in private practice in Oneonta, N.Y. until she moved to Texas in 2002 to marry her high school sweetheart. Over the years, she has helped educate doctors, nurses, aides, and supply manufacturers about ostomies, their issues, and their care. By the nature of the Enterostomal Therapy training, she was called upon to treat other conditions such as helping a veteran keep his face prosthesis adhered. Arlene encountered a wide variety of patients over the years, many of whom, she still remembers for their situations, both heartrending and funny. Arlene, we want to thank you for sharing your experience and expertise with our members. Advice from Arlene, chew well and drink lots of water.

Compassionate Houston is dedicated to celebrating and enhancing the compassionate culture in Greater Houston by recognizing volunteers and organizations committed to compassionate work. On the 10th anniversary of September 11, many organizations around Houston will be doing special projects. Other organizations, such as ours, will note our ongoing support programs. <http://compassionatehouston.org/>. Also, in September, we will have a table at the MD Anderson Survivor Conference. We hope to meet survivors who may need our organization. We will also provide information to nurses or other caregivers.

Just a reminder, the Ostomy Association of the Houston Area is a 501(c)3 non-profit so all dues and donations are tax deductible. Further, membership dues are a major portion of our income and we rely heavily on your contributions. So, if you don't receive a dues invoice in either January or July, depending upon when you joined, we may not have you listed correctly in our records. Please let us know if you have any questions or concerns.

Next month, Lorette Bauarschi, Attorney at Law, who is Board Certified in Estate Planning and Probate Law, will talk with us about estate planning. Please join us.

Respectfully,

Denise Parsons, President, OAHA

Northwest Group News

The August roundtable meeting was attended by 15 people. Many new faces including a surgical candidate and spouse were on-hand for the vacation related discussions. It was interesting to note that the bulk of discussion focused on places to go, things to see and do instead of ostomy concerns. Many seasoned travelers were a part of the group. Paul B. brought digitized slideshows of his travels and made the rounds sharing with everyone.

Next month's program will feature Dr. E. C. "Chip" Winkel III, a member of the Urology Specialists PA. A practicing Surgeon and Urologist, Dr. Winkel offers a down to earth look at human plumbing. Dr. Winkel's program is so informative and entertaining that he has been requested to speak on numerous occasions. Regardless of diversion, come join us.

Gay Nell Faltysek

281-446-0444

Tony Romeo

281-537-0681

Baytown Group News

Roundtable is always a great opportunity for sharing information from those who know to those who would like to know! August was no exception. We were pleased to have a visitor attend for her neighbor who recently had ostomy surgery. She came to receive information for her friend. Also attending were experienced ostomates with urostomies, ileostomies and colostomies. This diverse group talked about accessories. I was reminded of some great advice regarding accessories, "less is more". The "more" products you place between your clean skin and the wafer, the more difficulty you may have with adherence. Think carefully about every product you choose to apply to your peristomal skin. Stop using products when they are no longer needed. A visit with your ostomy nurse can allay your fears.

The group was treated to samples from both Cymed (requested from our last meeting) and Wipes from Safe n' Simple: Peri-Stoma Wipes—alcohol and oil free and adhesive remover and Skin Barrier No Sting Wipes—alcohol-free liquid that provides a protective skin barrier to adhesives, friction and body fluids.

The Baytown Ostomy Support Group will meet September 12 due to the Labor Day Holiday at 6:00 p.m. in the Community Room in the Lobby at San Jacinto Methodist Hospital.

Please join us!

Cindy Barefield, RN, WOCN

281-425-2164

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.

WOCN and ET Directory

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charlene@swoni.com

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Pat.thompson@tenethealth.com

Catherine Walsh RN, BSN, CWON (409) 747-3070
UTMB @ Galveston Fax: (409) 747-3038
cmwalsh@utmb.edu

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

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.

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Vitamins and the Ostomate *(Continued from page 1)*

prescription medicine), ginkgo biloba (an herbal supplement), aspirin (an over-the-counter drug), and vitamin E (a vitamin supplement) can each thin the blood. Another example is St. John's wort which may reduce the effectiveness of prescription drugs for heart disease, depression, seizures, certain cancers, or HIV.

Some supplements can have unwanted effects before, during, and after surgery. Again, it is important to make sure your healthcare team is aware of everything that you are taking. You may be asked to stop taking these products at least 2-3 weeks ahead of the procedure to avoid potentially dangerous supplement/drug interactions.

Some people may think that if a little is good, a lot is much better. This is not the case with many nutrients, vitamins and minerals. Always stay within recommended guidelines or at the levels set by your physician.

What's The Bottom Line?

Dietary supplements are intended to supplement a diet, not to cure, prevent, or treat diseases nor replace the variety of important foods. Do not self-diagnose any health condition. Always work with your healthcare team to make the best decision for your health and needs.

A good multivitamin is the foundation of health and nutrition. Consider an age appropriate multivitamin. Chewable or liquid forms are available for those with intestinal absorption issues.

Article Web Site Sources: Food and Drug Administration, Center for Food Safety and Applied Nutrition, National Institutes of Health

Supplements: How To Spot Questionable Claims

While many nutrient and supplement benefits are well documented, the claims of others may be not be as reliable. Consider that the term 'natural' does not always mean safe and spend your money carefully. Remember: Safety first. If something sounds too good to be true, it usually is. When in doubt, ask a professional health care provider. Here are some other signs of a product's possible false claim:

- That the product is a quick and effective "cure-all."
- That suggest the product can treat or cure diseases.
- That claim the product is "totally safe," "all natural," or has "definitely no side effects."
- Promotions itself using words like "scientific breakthrough," "miraculous cure," "exclusive product," "secret ingredient," or "ancient remedy."
- Include personal testimonials by consumers or doctors claiming amazing results.

Vitamin B12, Folic Acid and Potassium

UOAA Update 10/08

There is only a small section of the intestine that absorbs vitamin B12. It is located near the joining point of the small and large intestine. In the ileostomate, especially if there have been revisions, too much of the small intestine may have been used up and the area which absorbs vitamin B12 may be gone. The ileostomate can then no longer absorb vitamin B12 from food or even from supplements.

The answer to this problem is vitamin B12 shots usually 1cc, given anywhere from each week to once a month, depending how the patient feels. In case of a suspected deficiency, there are three elements the doctor should check: vitamin B12, folic acid and potassium. The shortage of any one or all three can keep us down and without any pep or ambition even to do our daily chores.

An ileostomate who cannot absorb enough vitamin B12 from food or from pills, must take shots. Folic acid and potassium can usually be absorbed in pill form, but the ileostomate should watch that the pills are not going through the digestive tract whole, without being absorbed by the body. If an ileostomate feels tired all the time, he/she should consult his/her physician.

To read the complete article, go to www.OstomyHouston.org.

Crohn's Study

OPERA and **ANDANTE** are two clinical research studies being conducted to evaluate medications in development (study drugs) that are intended to reduce the symptoms of Crohn's disease, particularly gastrointestinal inflammation symptoms.

Participation in the study will allow investigation into alternative treatment options that may benefit future Crohn's disease sufferers.

You may be eligible to participate in the studies if you:

- Are between 18 and 75 years old
- Have active Crohn's disease
- Have stopped responding or failed to respond to a class of drugs called anti-TNF medications (*e.g.*, infliximab [Remicade®], adalimumab [Humira®], certolizumab pegol [Cimzia®])

For more information or to see if you may be eligible to participate, please visit www.CrohnsStudies.com

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: **September 19, 2011**
Program: **Guest Speaker: Lorette Bauarschi, Attorney at Law**, who is Board Certified in Estate Planning and Probate Law, will talk with us about estate planning.

Baytown Group

Monthly: First Monday
(Note: Change of day due to Labor Day)
Time: 6:00 p.m.
Place: Community Room in Lobby of San Jacinto Methodist Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **September 12, 2011**
Program: **Guest Speaker: Anne Langley, Baytown Medical Equipment.** Topic: Medical Supplies—Making the Most of Your Resources

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: **September 16, 2011**
Program: **Guest Speaker: Dr. E. C. "Chip" Winkel III**, a member of the Urology Specialists PA. A practicing Surgeon and Urologist, Dr. Winkel offers a down-to-earth look at human plumbing.

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, 2011**

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 address shown at the right (in the box).

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/>

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 at the top right (in the box). 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address at the top right of this page.

Donation of Supplies

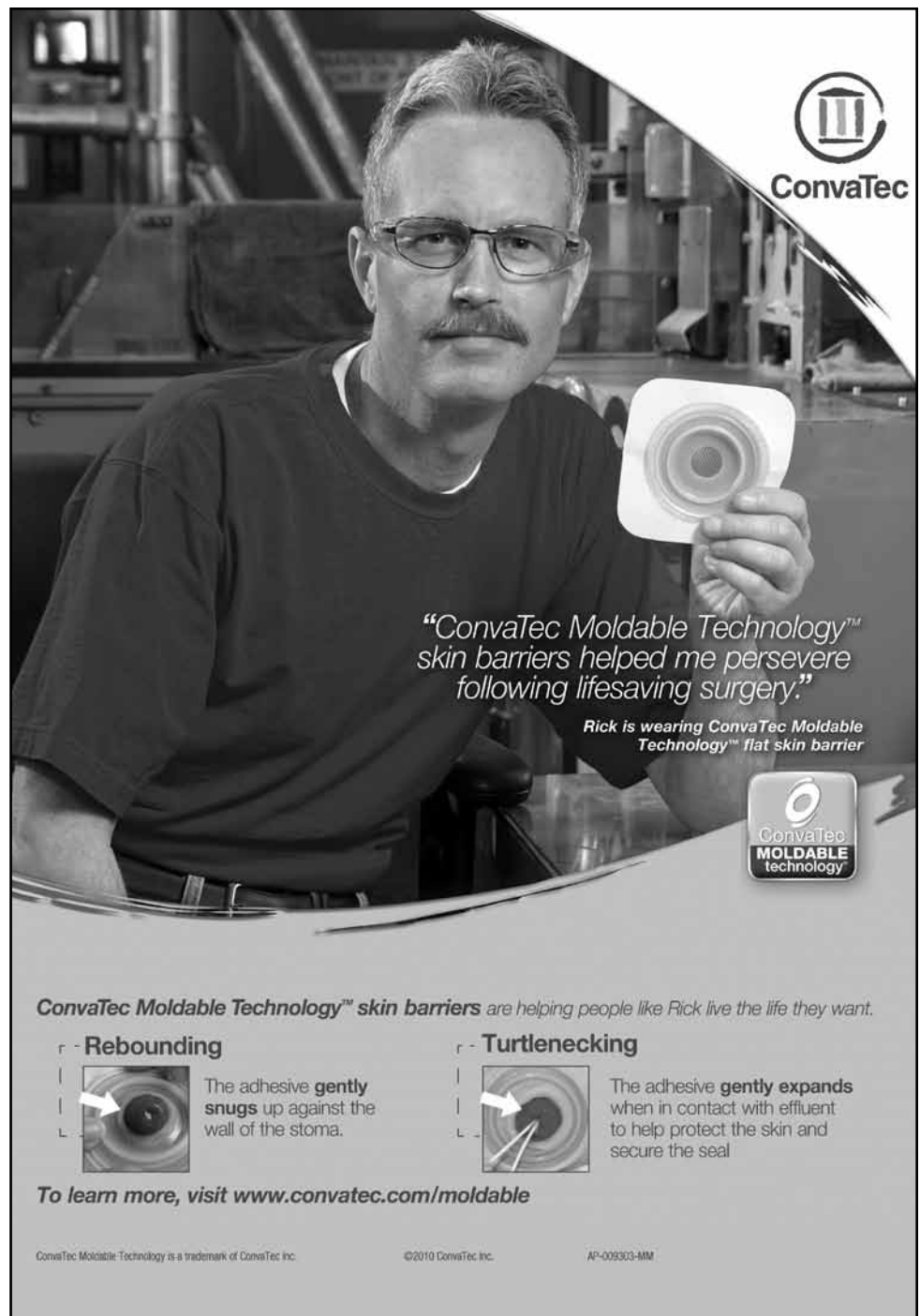
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the address at the top right.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164



ConvaTec

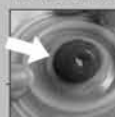
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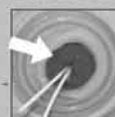
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Membership Application

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

☐ ET 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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