



September 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

Skin and Ostomy Patients

By Dr. Marie F. Maurice, MD, FAAD, Chief of Dermatology,
Kelsey-Seybold Clinic



Editor's Note: As ostomates we are all familiar with how hard it can be to stay hydrated and the resulting issues. This article provides education on a broader spectrum of skin topics.

The skin is the largest organ of the human body. It provides a barrier from the outside environment and helps in such things as temperature regulation, protection from infection, and vitamin

D formation. Fluid regulation is also partially related to the skin. When the skin is damaged, fluid is lost and dehydration can occur. Sweating also occurs in the skin and one can dehydrate with more sweating than fluid intake. This fluid loss can lead to a body temperature increase and potentially heat exhaustion or heat stroke. These problems can cause kidney damage as well as damage to the brain's normal function.

Healthy skin provides a barrier, temperature regulation (sweating), sensory input, vitamin D conversion, and protection from infection. Also, healthy skin shows less aging over time. The skin does protect us from the sun, but sunscreen is imperative in this endeavor as some people have very little natural sun protection (the very fair-skinned).

Fluid loss can lead to short term dehydration which can cause the skin to regulate temperature inefficiently. The inability to regulate temperature can cause hyperthermia or hypothermia which can cause damage to the brain, muscles, and kidneys.

Recovery from simple fluid loss can be by re-hydrating the body with the intake of appropriate fluids, the skin will repair itself. It is also very important to maintain good external hydration with lotion or cream. Especially in dry climates, such as the mountains or desert, using cream or lotion is imperative to maintaining proper skin barrier function.

By staying hydrated, one can prevent dehydration and the damage caused by it. As detailed above, maintaining good external hydration of the skin is important in preventing skin damage and therefore preventing further dehydration.

Long term dehydration causes the skin barrier function to break down making someone susceptible to infections, such as viruses (warts, herpes) and bacteria (streptococcus or staphylococcus). It also makes it difficult for a person to maintain or repair the damage caused by the dehydration as the breakdown of the barrier causes more dehydration. The DNA of the cells of the skin could also become more easily damaged by the sun when the skin is dehydrated for extended periods of time.

Additionally, dehydrated skin does not repair itself as well as hydrated, normal skin. It, therefore, is more easily damaged by the sun, causing more dehydration, and cuts will not heal as rapidly. More importantly, damaged skin can easily become infected with viruses or bacteria. Once in the skin, these bacteria or viruses could spread locally, or even into the blood in severe cases.

(Continued on page 3)

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

Even though it was really hot outside, we had a cool group of 20 with two guests at our monthly meeting. Dotti Visosky was our speaker. Dotti entertained and educated us about her journey with Parkinson disease. Her Cajun Motivational Formula for Stress Busting will work for anyone. Components of the formula include **A**ttitude, **B**reathing, **P**lan a road map, **P**lay, find your **P**assion, **P**ray, **E**xercise, **E**at right, **T**hink about what you can control, **T**enacity helps overcome fear, and **yoU**.

So, **Stress Busting = A+B+4P+2E+2T+U**.

Dotti's special formula includes lots of laughter. If you know of anyone who has Parkinson's, Dotti recommends contacting the Houston Area Parkinson's Society or HAPS, www.hapsonline.org.

We were honored to welcome Anita Prinz, RN, MSN, CWOCN. Anita has written many articles for *The Phoenix* magazine and lives in our area. She brought New Patient Guides that are a joint publication with the UOAA and *The Phoenix*. There are Guides for the three types of ostomies: colostomy, ileostomy, and urostomy. The guides cover stoma care, healing from surgery, the products used, and much more. We will be updating our new member packets with these guides. Anita will be our speaker at the September meeting.

Members from the Central group, Dorothy, Jenrose, and Ron participated in an Ostomy workshop at LBJ Hospital. We provided our pamphlets, newsletters, and *The Phoenix* copies to those seeking information about our group and our services. In September, we will have a table at the MD Anderson Survivorship Conference. Please stop by and visit if you are attending the conference.

Our thoughts and prayers are with Clarice who is dealing with a couple of health problems. We were happy to see Ed back with us after an illness. Our thoughts and prayers are with those facing new challenges.

Please join us at our next meeting September 17. Anita Prinz, RN, MSN, CWOCN, will be our speaker.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Gluten-free All Purpose Flour

1 part = 1 cup

- 1 part fine white rice flour
- 1 part potato starch (not flour)
- 1 part corn starch
- ½ part fine corn flour
- ½ part tapioca starch
- 1 teaspoon Xanthan Gum per cup of flour mix

For baking, add 1 teaspoon baking powder per cup.

Baytown Group News

Linda Crater, Department Manager for the Home/Durable Medical Equipment at our local Walgreens was our speaker for August. Walgreens in Baytown was the first in the state of Texas to branch out in this fashion. There are four more in Texas including stores nearby in Pasadena, Memorial and Westheimer.

The group appreciated the expertise that Linda has gained from years working with ostomy supplies. Linda shared how Walgreens might be helpful to them as an ostomate and a few "pearls" she has learned over the years:

- Many folks use mail order or specific DMEs but sometimes supplies are not available. Walgreens DME has Genairex available. These are low cost ostomy supplies for immediate use that can be purchased out of pocket if needed.
- Ostomates need to be prepared. It is a good idea to order 3 months supply at a time. Think about ordering early for the summer months (June, July and August) as the supplies could be exposed to extreme heat.

The next two months we have ostomy care specialists from ConvaTec and Coloplast scheduled to meet with us (Polly Johnson in September and Nick Sprague from in October). We hope you will join us!

Cindy Barefield, RN, WOCN, 281-428-3033

Northwest Group News

A dozen people participated in Polly Johnson's Convatec Program. She brought samples of the revamped pouch line. Improvements were based on customer input. Key areas targeted for improvement were leakage, comfort and smell. The new pouches have a new moisture wicking backing, the seams have been modified to lie smoothly against the skin and the model number is stamped on the pouch for quick reference. A new longer lasting carbon filter replaces the old charcoal style and is centered at the top of the pouch to reduce leakage. A new acrylic tape collar is available in lieu of the hydrocolloid collar (still recommended for skin sensitive wearers). The acrylic collars perform better in the heat and support longer wear times.

Ms. Johnson stressed that these new products are not replacing the old ones, but are a supplement to their line. A side bar discussion evolved involving ostomate night time evacuation issues and sleep quality which might make for an interesting roundtable discussion in the future. Billy, who is challenged with Celiac's Disease, shared a recipe for gluten-free all purpose flour. (at left)

Everyone was thrilled to see Craig and Gay Nell return. Missing in action this time were Carol, Gen, and always Jane is in our prayers. Next month's program will be presented by Frank Essig with Hollister.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Skin and Ostomy Patients *(Continued from page 1)*

Body fluid regulation is important to maintain the proper balance of electrolytes in the blood, body temperature regulation, and barrier protection. All of these things help the skin maintain its functions over time.

If the skin is being damaged by dehydration, it becomes more wrinkled, warm, and loses its elasticity. In other words, it does not "spring back into place" as well. A person could become thirsty due to the dehydration of the skin and body and become lethargic as well.

If a person is dehydrated and ignores the signs, they might also become over-heated and develop heat exhaustion or heat stroke. This can lead to other organ damage and possibly organ failure if severe enough.

Again, fluid intake is the key to rehydrating. The use of moisturizers and sunscreen to the skin are also helpful in reversing some of the damage and preventing more from occurring. Once the skin barrier is intact again, there is less likelihood of an infection developing as well.

Skin cancer is not more common in ostomates, but if the skin is repeatedly damaged and then further damaged by the sun, the DNA of the skin cells could be abnormal leading to skin cancer. Everyone should wear sunscreen with at least a SPF of 30 when going to be outdoors for longer than 20 minutes. I encourage patients to use it daily for prevention of cumulative sun-damage to the skin. Also, look for broad-spectrum sunscreens which provide UVA and UVB protection.

Sunscreens are widely available and should be used as mentioned above. Daily protection helps in further damage to the skin we might not have prevented at a younger age. A good healthy diet is important and, in regards to vitamin D, is essential. The skin allows for conversion of vitamin D to an absorbable form with the help of the sun. It only requires a few minutes of exposure daily, which we all get just doing our daily activities. We must have vitamin D intake from our diet with calcium, as well, to help it get absorbed in the intestines. All of these things in combination make our bodies regulate its vitamin D level. This is important in the structure of our bones and in maintaining their strength, in hopes to prevent osteoporosis.

Article may not be reprinted without permission from the Editor of this newsletter, Patti Suler.



World Ostomy Day

On October 6th, 2012 the United Ostomy Associations of America, Inc. joins with ostomy associations around the globe to celebrate World Ostomy Day and Ostomy Awareness Day. "Let's Be Heard" is the theme for the 2012 World Ostomy Day. It is a day of celebration for those who have had ostomy surgery, friends, family and caregivers. Its goal is to raise awareness about ostomies, and shine a positive light on this important, life-saving surgery.



The UOAA is introducing a World Ostomy Day Essay Contest. The theme of the essay is "World Ostomy Day". It should be no longer than 800 words and should be emailed to Deb Hudak at 20a@uoaa.org before 9/27/2012. We will only accept documents in "Word" format attached to an email. The winner will be announced on 10/7/2012 and the winning entry will receive one FREE INDIVIDUAL 2013 REGISTRATION and it may appear in the December issue of *The Phoenix* magazine. Please make sure that all contact information is in the email, including name of writer, address and phone number.

Additionally, Hollister Incorporated is sponsoring a 2012 World Ostomy Day Photo Contest. "Let's be Heard!" is the theme and the photos should reflect ostomates doing what they love to do. Twelve winning photographs will be featured in a 2013 World Ostomy Day calendar plus a \$250 award will be made to the local support group. Deadline is October 31, 2012. Complete details and entry may be found at <http://goo.gl/6tPze>.

Safe Travel Tips

by Joseph Rundle, Aurora (IL) Ostomy Group; via Metro Maryland courtesy of the North Central Oklahoma Ostomy Outlook

With the terrorist alert on high and many concerned about safe travel at this difficult time, I thought I would offer you some useful tips:

- Do not ride in an automobile. Autos cause 20% of all fatal accidents.
- Do not stay at home. That is where 17% of all accidents occur.
- Do not walk across the street. Pedestrians are victims of over 14% of all accidents.
- Do not travel by air, rail or water. People have 16% of all accidental deaths because of these activities.



However, only 0.0001% of all fatal accidents occur at our local ostomy support association's meetings. Moreover, virtually none of these happen during the business meetings. Obviously, the safest place to be is at your local ostomy association meeting. You'd better go to the next one, just to play it safe.



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
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cbarefield@tmhs.org

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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

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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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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 17, 2012**

Program: **Guest Speaker: Anita Prinz, RN, MSN, CWOCN**

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: **September 17, 2012** (due to Labor Day on Sept. 3)

Program: **Guest Speaker: Polly Johnson** with Convatec

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 18, 2012**

Program: **Guest Speaker: Frank Essig** with Hollister

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: **September 17, 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.

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.

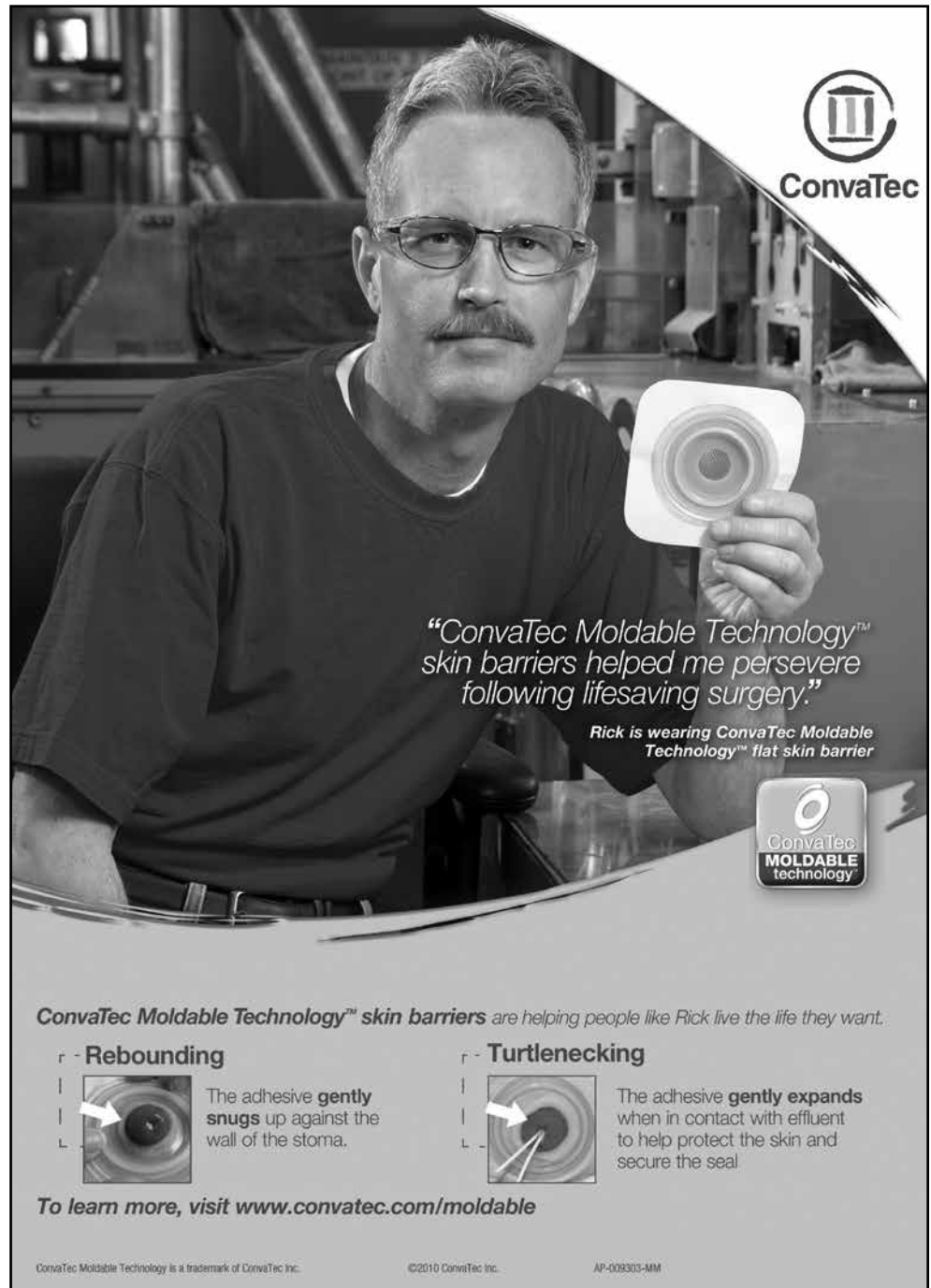
Donation of Supplies

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 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.)



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<http://www.ostomyhouston.org/>

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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

☐ 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*



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