



September 2014

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

Magen Cherry, Former Miss Texas 2007 Shares her Story of Overcoming IBD

Monday, September 15, 2014, OAHA Central Group



Join us in sharing the inspirational story of personal success over inflammatory bowel disease. Talented, beautiful Magen Cherry was competing for the Miss Texas title in 2007 when her colitis began consistent attempts at wrecking her life. She won and lost that year as the diagnosis began an all-too-familiar struggle with colitis that eventually resulted in the loss of her colon.

Words describing her journey include hard work, commitment, pain, loss, love, success, marriage, motherhood, and a dedication to help others as she works with CCFA and other organizations.

We are all too familiar with the horrific disease stories leading up to our various intestinal diversions bring members to our group. Not so much for the success stories as once we get back on our feet, we tend to return to life and its pursuits. Magen's recovery story will warm your hearts and renew your passion to help yourselves and others as they too struggle.

Please join us for this unique opportunity to hear a personal painful story that ends in triumph over a debilitating disease.

Equal Time, Male Model with a Pouch

Blake Beckford, 33, who lives with his girlfriend in the West Midlands region of England, has recently been featured in world-wide coverage bearing his upper body and very visible pouch. He states, 'I am determined to show people and society that having a stoma doesn't change who you are. It doesn't mean you're not normal. You can achieve anything you want to do, you can be attractive, and you can lead a normal life.'

Diagnosed with ulcerative colitis in 2003, he experienced many of the same problems all Inflammatory Bowel Disease people do. His condition halted his body building training and last October he underwent a total colectomy. He admits that it took some time to get used to his new appearance. He dealt with his own self-confidence issues as well as those from family and professional areas. Doctors warned him that a return to training could harm him. He chose his own path.

Mr. Beckford has succeeded in his pursuits. You can see and read more by simply entering his name in a Google search.

UOAA Advocacy: Insurance Plan Ostomy Coverage Update

The bill mandating coverage of ostomy supplies by commercial insurance policies in New York State has passed the Senate and Assembly in their respective Insurance Committees. The ostomy coverage bill now sits on Governor Cuomo's desk to be signed into law. Some day, Texas could be next.

Patient Visiting and Support Services

Doctors and WOC 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 713-392-5768.

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

Group News	2-3
2014 UOAA National Elections.....	3
WOC Nurse Directory.....	4
Flu Prevention Time.....	4
Meeting Dates/Times	5
Opportunities and Announcements	5
Membership Information	6
Advertising Support	5-7
Contact Information	8

Central Group News

We had a happy meeting celebrating Jenrose's fifth anniversary of her surgery and being cancer free. Our speaker was Annette Bisanz, RN, retired from MD Anderson. Annette is an expert on how some medicines and diet affect the bowel. She advised that we carefully read the labels on products we purchase over-the-counter and for prescriptions. In treating constipation which can be caused by pain medications, for example, bulking agents, stool softeners, and laxatives are used. But, they work differently and at different rates to solve the problem. Some products may be a combination. When comparing brands, make sure the key ingredients are the same and in the same amounts to get the same results. Many of us take calcium which can be purchased as calcium with magnesium or calcium carbonate. The calcium carbonate can cause constipation. However, the addition of magnesium in the other version can counter the constipating effects of the calcium. Magnesium is the key ingredient in Milk of Magnesia or Miralax, laxatives. There are other gentler ways to avoid constipation using mineral oil (2 tbsp. before bedtime), Senna-S which is a combination of senna, a natural laxative, with a stool softener, "S" (can take up to 6 tablets daily), drinking warm liquid, or by increasing the fiber in your diet. For ileostomates, especially new ones, having a very runny, continuous output can be moderated by 1 tsp. of Metamucil in 2 oz. of water after a meal. Don't drink any more liquid for 1 hour.

Everyone needs at least 2 qts. of liquid every day. For those adding fiber to their diet, Fiber One cereal is good start to the day. A half cup provides 14 grams which is about half of the recommended fiber for the day 25 grams. For most of us, keeping the system flowing well (not too much and not too little) is a balance. When looking at ways to adjust the balance, look at diet along with other aids, if needed. The UOAA has information on their web site about diet and the effects that specific foods have on our systems. http://www.ostomy.org/ostomy_info/#diet_nutrition.

Another reminder, please renew your pledge to the Ostomy Association of the Houston Area at the Kroger web site. If you have difficulties, please contact one of the directors.

We voted on 2nd Vice President and 3 Director positions for the national UOAA organization. I will collect the results from the other groups and send them in.

We also voted on minor changes to the Bylaws of this group. We added "J-pouch and other intestinal or urinary diversions surgeries" as part of our purpose statement. We changed the number of directors to between 7 and 9 instead of just 9. We reworded the section about Satellite Groups to better reflect how the structure works in practice.

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

We are honored to welcome Magen Ellis Cherry, Miss Texas 2007, to our meeting next month. Ms. Cherry has a J-pouch. We look forward to hearing her story.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

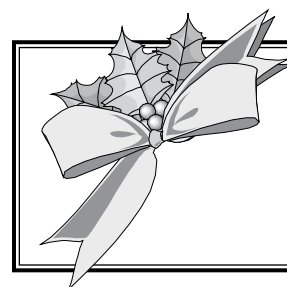
Nearly a dozen came to the August meeting to hear Jenny Jansson-Smith, RN CWON, a Clinical Consultant with Stomocur by FOR LIFE. Ms. Jansson-Smith started out her program by sharing some background about the German company she works for named "For Life" and how Stomocur is the ostomy products they make. She spoke about the gelatin free barriers and their benefits. Ms. Jansson-Smith had lots of samples for everyone.

There were as many new mates as returning members in this group. The annual October picnic on October 21 is right around the corner. The delicious BBQ entrée will be provided. Members are asked to bring a side or dessert. Contact Patti Suler (see info on back of newsletter) no later than October 10 with your contribution information to prevent replication. Door prizes and games will be included.

First Time Ever

The September Northwest Group will feature Dr. Sherilyn Gordon-Burroughs from the Methodist Hospital Houston Medical Center who will be presenting on Short Bowel Syndrome in addition to taking open questions. Dr. Gordon-Burroughs is a General and Transplant Surgeon with experience and interest in Intestinal Transplant and Intestinal Rehabilitation. She received her Medical Degree from Washington University School of Medicine in St. Louis, Missouri and completed her Medical Fellowship from David Geffen School of Medicine at UCLA. Additionally she completed a Clinical/Multi-Organ Abdominal Transplantation fellowship from Dumont-UCLA Transplant Center in Los Angeles.

Tony Romeo
936-588-4031



SAVE THE DATE!

*The Annual OAHA Holiday Party
will be on December 9, 2014 at
the Pine Forest Country Club.*

Baytown Group News

Baytown Ostomy Support Group was privileged to have Faith Shifrin Ertchadieh, Regional Account Manager with McKesson Patient Care Solutions present at our August 4th meeting. Attendance boomed at 11 and reflected the interest for the topic: "Options for Ostomates in the Home Setting". We did take a moment to vote on National VP and Director Positions. Thanks to all for their careful considerations. We also reviewed the update to the Bylaws.

Faith did a wonderful job of educating us on options for the home setting. You may have known or used the ostomy companies "National Rehab" or "Sterling" in the past. Faith explained how McKesson Patient Care Solutions has created a network of services with a goal of continuity for discharged patients. With National Rehab and Sterling under the umbrella of McKesson Patient Care Solutions, sampling programs are offered as well as product specialists to answer questions about insurance coverage or products and they have a program called WOC Nurse Connect. This program provides support and education for both clinicians and patients after discharge. Faith provided handouts and booklets with this information for everyone to take home.

A special treat for the evening was the opportunity to watch Faith interact with her guide dog in training. This puppy—a beautiful

6-month-old black lab is "studying to be a seeing eye dog." Faith brings him to social gatherings so that he can learn to interact appropriately. He behaved beautifully! We wish him well with his upcoming testing.

Support Group in September will be moved to 2nd Monday (9/8) to accommodate the Labor Day Holiday on Monday, 9/1. We are looking forward to Chad Hagli, Regional Account Manager from Safe-n-Simple as our presenter. Make plans to join us!

Cindy Barefield, RN, CWOCN

281-428-3033

2014 UOAA National Election Information

Candidate biographies can be viewed on the main UOAA website at www.uoaa.org. Votes will be collected at the September meetings.

The deadline for returning ballots is September 30, 2014. Thank you for your support of UOAA!

SenSura® Mio

Coloplast

Fits Right. Feels Right.

Now you can get a better fit to your body shape.

The new SenSura® Mio product line helps people with an ostomy to feel secure throughout their day.

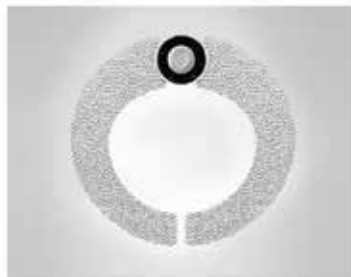
For free samples call 1-877-858-2656 or visit us online at www.sensuramio.us

New features:

Elastic barrier to fit real body shapes.



Full-circle filter to reduce ballooning for comfort.



Neutral gray textile for discretion.



New
SenSura® Mio
For all
ostomy types.

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0454
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2014 Coloplast Corp. All rights reserved.

MOTION 05.14

Flu Prevention Time

Ostomates are like everyone else—except when it comes to getting the flu. An ostomate with the flu is at risk. As everyone around the country pours ice water over their heads, I challenge you to step up for another benefit—get your flu shot, no excuses. —Editor

Flu and An Ostomy

By Anne Marie Knudsen, CWON, MN, CNS, CFCN UOAA
UPDATE 11/12

Facts about the Flu

The Flu is caused by a virus spreading from an infected person to the nose and throat of others. Symptoms usually appear within 2–3 days after being infected and a person with a fever is considered contagious for another 3–4 days. Here in the U.S. the flu season generally runs from November to April. Flu symptoms include chills, fever, dry irritated cough, nasal congestion, a sore throat, muscle aches, pain and a headache.

It is a myth when people state they got the flu from the flu shot. Why do we need the flu shot every year? For the simple reason that the flu virus keeps changing and the vaccine must be replaced. Flu shots only protect for 1 year. Flu vaccine contains NO LIVE VIRUS which means it is impossible to get the flu from the flu shot. The flu shot is 90% effective against type A and B Influenza; but remember there can be different strands which means if one does get the flu the symptoms will be milder compared to not having gotten the flu shot.

What to do as an Ostomate with the Flu

Ileostomates

Diarrhea presents a big problem. In addition to causing excessive discharge a person with an ileostomy can risk an electrolyte imbalance. If vomiting and dehydration becomes an issue the ileostomate must go to the ER earlier than later. It cannot be stressed how important it is to go to the ER as an ileostomate cannot hydrate oneself fast enough.

Urostomates

Follow the same special care and make sure to protect the kidneys. Prompt attention of distress from the Flu will make a difference.

Colostomates:

Always protect the abdominal muscles if coughing or sneezing as a parastomal hernia can develop and a support belt can make a difference.



WOC Nurse Directory

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

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

Osto Group www.ostogroup.org
Providing Ostomy Products to the Uninsured.



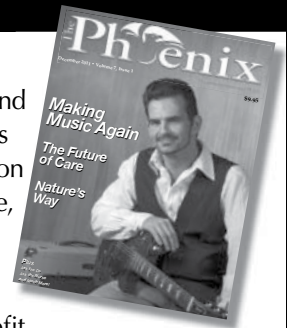
All you pay is shipping and handling. **877-678-6690**



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.



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 HLFAD

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 15, 2014**
Program: **Guest Speaker: Magen Ellis Cherry,**
 Miss Texas 2007

Baytown Group

Monthly: First Monday (*September's meeting will be held September 8 because of the Labor Day Holiday on the 1st*)
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist
 San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **September 8, 2014**
Program: **Guest Speaker: Chad Hagli,** Regional Account
 Manager from Safe-n-Simple

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 936-588-4031
 sa1tmr@sbcglobal.net
Meeting: **September 16, 2014**
Program: **Guest Speaker: Dr. Sherilyn Gordon-Burroughs,**
 Methodist Hospital Houston Medical Center

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 15, 2014**

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.

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.)

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/>

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 treasurer's address above.

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.

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, please call
Jenny Jansson-Smith, RN, CWON at 512-992-7703
or send email to JennyMJanssonS@stomocur.com**

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

☐ 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*



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


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.


Finally, an ostomy pouch filter that works!

AF300 Filter gives you the added confidence and convenience you have been looking for

The AF300 Filter helps alleviate embarrassing moments caused by pouch ballooning or untimely gas release. **New Image** and **Premier** Pouching Systems featuring the AF300 Filter are the pouches of choice for today's active lifestyles. In addition, there is no filter sticker with the AF300 Filter.

Call **1.888.740.8999** for a complimentary product sample.

Hollister Ostomy. **Details Matter.**



Hollister
 www.hollister.com

Hollister and logo, AF300, New Image, and Premier are trademarks of Hollister Incorporated.
 "Hollister Ostomy. Details Matter," is a service mark of Hollister Incorporated.
 ©2010 Hollister Incorporated. PROMOCODE: 138AF0810