

# 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)

## ABCs of Ostomy Care

by Linda Adelson, RN, CWOCN, 2014

The word "Stoma" comes from the Greek word for "mouth." Your mouth and stoma are red, shiny and can bleed a little if touched. If the stoma bleeds more than a tablespoon of blood or does not stop bleeding, call your EMS (911) and health care provider.



Ostomy means "opening into."

Colostomy = an opening into the colon (large bowel)

Ileostomy = an opening into the ileum (small bowel)

Urostomy = an opening into the urinary system.

The most common type of urostomy stoma is an ileal conduit. A small piece of small bowel is used to hold urine (conduit), the bladder is usually removed and the ureters are attached to the small bowel conduit.

Peristomal Skin= skin around the stoma. To treat peristomal skin breakdown/irritations/rash, eliminate the causes:

1. opening in skin barrier cut too large or too small
2. patient needs extended wear barrier
3. patient needs convex appliance
4. patient needs ostomy belt with convex appliance
5. patient needs skin barrier ring Care or irritated peristomal skin or denuded (missing its top layer of skin, epidermis)

"Crusting" steps:

1. Gently cleanse skin with warm water and pat dry:
2. Apply dusting layer of pectin powder (Brava or Adapt or Stomahesive powder) Karaya powder may burn.
3. Gently pat with alcohol free skin sealant such as Coloplast Brava Skin Barrier Wipe Sting Free or Smith + Nephew No Sting Skin Prep or ConvaTec Sensi-Care Sting Free Protective Skin Barrier or 3M Cavilon No Sting Barrier Film \*(apply only one layer)
4. Fan dry skin or use a blow dryer on cool setting
5. Application of powder and skin sealant may be repeated twice. For a total of three layers of powder and skin sealant\
6. This forms a "crust." When skin does not heal: When skin does not heal with pectin powder or it itches or you see rash/bumps, you may have yeast or fungal rash, use the same procedure as above, but substitute the pectin (Adapt or Stomahesive) powder with an antifungal powder like Nystatin powder (RX) or Medline's Arglaes Silver Powder.

When skin sealants are not effective:

When skin sealants like (3M Cavilon No Sting, ConvaTec Sensi-CareStingFree or Smith+Nephew No Sting Skin Prep) are not effective, use Marathon Liquid Skin Protectant.

Medline's Marathon Liquid Skin Protectant is designed to protect intact or damaged skin from breakdown caused by friction or shear or moisture or digestive enzymes or adhesive stripping. Features: Fast drying and durable. A purple coloring is noted on skin.

*(Continued on page 4)*

*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 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.

## Central Group News

We had a large turnout for our August 17th meeting. It was great to see Jenny Jansson-Smith of Stomocur again. In addition to their regular line of ostomy supplies, Jenny shared information with us about Stomocur's new gelatin-free wafers. These wafers are great for those of us who live in hot and humid climates and also for those with sensitive skin. Jenny shared samples of the wafers and pouches with our members. Anyone who would like to try one can call or email Jenny. Her cell phone number is (512) 992-7703 and her email is j.jansson-smith@forlife.info. Jenny reminded us that Stomocur can be purchased at Spring Branch Medical Supply and also ordered through Edgepark. Thanks also to Jenny for bringing refreshments for our meeting, as well as all the adorable stuffed kangaroos (because kangaroos have pouches, just like us).

We had a new ostomate attend our meeting and were grateful for our ostomy nurse, Kimberly Ferguson, and our J-Pouch co-coordinator, Ron Meisinger, who were there to answer questions.

As a reminder, please remember to enroll or re-enroll your Kroger shopping card so that the OAHA can benefit from your shopping. We're a small organization and every dollar helps! The procedure for enrolling your card is explained in the August newsletter. The OAHA's organization number is 81035. Call with any questions.

As a reminder, we're still looking for volunteers to help us with planning for our 60th Anniversary party next April. If you're interested, please give me or Denise a call.

We are still waiting for news regarding when the American Cancer Society will be relocating. As soon as we hear, we will let you know. For now, our meetings remain at the original building at 6301 Richmond Avenue, Houston.

We look forward to hearing Trini Boland, Registered Dietician with Shield Healthcare, at our September 21 meeting. Please join us.

Regards,

**Lorette Bauarschi**

President, OAHA, 713-582-0718

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



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

## Northwest Group News

Paul Batchelder Sr.'s program on 'Living With A Positive Attitude' was incredible. Paul has spoken to the group on prior occasions but this time was exceptional. His message was simple, well defined, and easy to adopt. Attendees were provided with visual inspiration, pertinent quotes and Paul's own success/failures throughout the program. His presentation can easily be categorized as a life game changer. Evident of his own success, Paul presented his latest book with a brief overview afterwards.

Once again we noted the following members in absentia: Suzanne, Christy, Jane, Gen, George, Stanley, and Gay Nell. Our thoughts and prayers are sent to Dorothy and the Andrews family.

The picnic is coming soon and it is a great time to come and catch up. Great Food, Great Visiting and maybe some homemade wine! Everyone in the Ostomy Community, friends, families are welcome.

September 16, 2015 is the next Northwest Group meeting. This program will be provided by National Sales Manager Heath Owens, with Safe and Simple and Kayla Graves, Account Manager from Byram Healthcare. The Safe n Simple website advises, "Safe n Simple is a medical care innovator, specializing in the promotion of healthy skin, complete security and confident ostomy management. We view our product development through the eyes of our customers, who want active, productive lives unimpeded by their condition. Our goal is to make our customer's ostomy care safe and simple."

**Tony Romeo**

936-588-4031

## 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

## Save the Date for our Annual Holiday Party!

**Mark your calendars now for our holiday party.**

When: Saturday, December 5, 2015

Time: Noon

Where: The Post Oak Grill, just north of the Galleria

*More to come regarding menus and reservations.*

## Baytown Group News

On August 3, Baytown Ostomy Support Group welcomed Casey Allen, Ostomy Territory Specialist from 180 Medical. Casey did an outstanding job educating those in attendance about the benefits of this interesting company. Todd Brown, a young man who had his whole changed when he was paralyzed from a motocross accident, is the founder and CEO of 180 Medical. He had his life turned around with the right product at the right time. He then created a company with the sole purpose to get products to people in similar situations so their lives could be turned around too!

180 Medical is a specialized provider of only ostomy and catheter supplies. You speak to a live person—NO answering machines or automated menus. They offer FREE and FAST shipping. You can exchange any product that doesn't work for you. Contact 180 Medical toll free at (877) 688-2729 or [info@180medical.com](mailto:info@180medical.com) or [www.180medical.com](http://www.180medical.com)

Facebook: [www.facebook.com/180medical](http://www.facebook.com/180medical)

In September, we will meet on September 14 due to the Labor Day Holiday. Tony Thompson from Liberty Medical will be our presenter. I hope you will plan to join us.

Sincerely,

**Cindy Barefield, RN, CWOCN**  
281-428-3033

## 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.

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11/11 SG HLFAD

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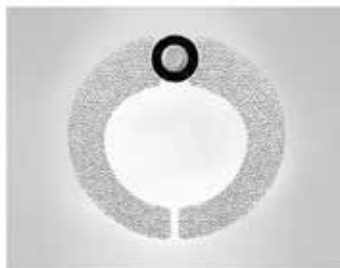
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ostomy types





## 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 21, 2015**  
**Program:** **Guest Speaker: Trini Boland**, Registered Dietician  
 with Shield Healthcare

## Baytown Group

**Monthly:** First Monday (**Note date change due to Labor Day!**)  
**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 14, 2015**  
**Program:** **Guest Speaker: Tony Thompson**, Liberty Medical

## Northwest Group

**Monthly:** Third Wednesday 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  
 saltmr@sbcglobal.net  
**Meeting:** **Wednesday, September 16, 2015**  
**Program:** **Guest Speaker: Heath Owens**, National Sales  
 Manager, Safe n Simple, and Kayla Graves, Account  
 Manager, Byram Healthcare

## 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 21, 2015**

*Monthly support and information meetings are held in three locations  
 for member convenience.*

## Opportunities and Announcements

### 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/>

### 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](mailto: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.)

### 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.

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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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